MEDICAL CAUTIONS,

FOR THE CONSIDERATION OF

INVALIDS.

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MEDICAL CAUTIONS,

FOR THE CONSIDERATION OF

I N V A L I D S;

THOSE ESPECIALLY WHO RESORT TO

B A T H:

CONTAINING

E S S A Y S

O N

FASHIONABLE DISEASES;

DANGEROUS EFFECTS OF HOT AND CROWDED ROOMS;

REGIMEN OF DIET, &c.

N ENQUIRY INTO THE USE OF MEDICINE DURING A COURSE OF MINERAL WATERS;

AN ESSAY ON QUACKS, QUACK MEDICINES, AND LADY DOCTORS;

ND AN APPENDIX, CONTAINING A TABLE OF THE RELATIVE DIGESTIBILITY OF FOODS, WITH EXPLANATORY OBSERVATIONS.

PUBLISHED FOR THE BENEFIT OF

'HE GENERAL HOSPITAL AT BATH.

By JAMES MAKITTRICK ADAIR, M. D.
Member of the Royal Medical Society,
And Fellow of the College of Phyſicians, Edinburgh.

——— Idonea dicere vitæ.
Nullius addictus jurare in verba magiſtri.
HOR. Lib. I. Epiſt. i.

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DEDICATION.

To the GOVERNORS of the GENERAL HOSPITAL at BATH.

GENTLEMEN,

IT is with peculiar propriety I inſcribe the following Eſſays to you, as the profits which may ariſe from the ſale of the pamphlet will be appropriated to the benefit of the inſtitution over which you preſide.

Independent, as I am, of profeſſional reputation or emolument, I can have no other motive for wiſhing that the work may have an extenſive ſale, than as it may redound to the information of my fellow-ſubjects, and to the ſupport of ſo excellent a charity.

I am,

Gentlemen,

Your moſt obedient humble Servant,

The AUTHOR.

Bath, Dec. 1785.

N. B. Whilſt theſe Eſſays were at the preſs, the inſcription inſerted in p. xiv. xv, was placed in the moſt conſpicuous part of the Pump-Room of the King's Bath.

The author of this inſcription, and of the verſes annexed, is a very ingenious, learned, and truly reſpectable gentleman of this city; who, by theſe lines, his Monody on the death of the Marquis of Taviſtock, his Bath Guide, Election Ball, &c. has given the moſt incontrovertible proofs of ſuperior excellence, not only in the pathetic, but the humorous ſtile of poetry:—A rare inſtance of poetical verſatility!

IT may be proper to obſerve, that this excellent inſtitution incurs an annual expence of one thouſand eight hundred pounds, whilſt its permanent revenue does not exceed five hundred pounds; and that, before the late collection, the charity had incurred a conſiderable debt.

PREFACE.

AS I enjoy a decent competency by the favour of the publick, and am now approaching the verge of life, I am of opinion, that I cannot make a more grateful retribution, than by a publication of this kind; as I may thereby make ſome compenſation for the *manifold profeſſional errors* I muſt neceſſarily have committed in the courſe of almoſt forty years extenſive practice.

Independent in my ſpirit, as I am in my connections, and *totally regardleſs of conſequences*; I have dared to utter ſome plain, but unpalatable truths, which a more dependent, yet much more worthy man, might, from prudential motives, have choſen to decline. May ſuch ever be, in *this country*, the reſult of perſonal, profeſſional, and political independence, *unalloyed* by the influence of intereſt, prepoſſeſſion, or prejudice!

It may be alledged that I have, in ſome inſtances, indulged a ſpirit of ſarcaſm; in others, of aſperity; which may have a tendency rather to offend, than reform.

With reſpect to the air of levity with which I have treated ſome parts of my ſubjects, eſpecially in my firſt and laſt eſſays, I have adopted the maxim of *Horace*;* and I truſt my readers will do me the juſtice to believe, that I could not poſſibly intend either offence or inſult, when my wiſh is to conciliate confidence.

I had, moreover, another motive: Scientific, and eſpecially medical ſtudy, is in general very *ſoporific*, unleſs ſometimes enlivened by a *jeu d' eſprit*. The late Dr. *Hunter* often rouſed his drowſy pupils by an amuſing anecdote; and *Le Sage* tells us, that a Spaniſh lady having complained to her phyſician of want of ſleep, "Madam," ſaid the doctor, "you ſhall read my Spaniſh "tranſlation of *Hippocrates*, and it will in-

* ——— Ridiculum acri
Fortius et melius magnas plerumque ſecat res.

"fallibly

" fallibly procure you comfortable ſlumbers, " provided it has the ſame effect upon you " as it always has had upon me." How much is the world indebted to thoſe of our fraternity, who, *for a courſe of years*, perſevere in nodding over the *narcotic* page, " for the " good of their country;" conſcious as they muſt be, that medical reputation and emolument are generally to be attained by much more eaſy and palatable, though not ſo creditable, expedients.

The ſeverity of my ſtrictures on ſome of my brethren, has been dictated *ſolely* by an honeſt indignation againſt artifices which degrade the profeſſion, not only as ſcholars, but as gentlemen. In theſe animadverſions, I am ſupported by the example of one of the nobleſt and moſt reſpectable of human beings, an ingenious, a learned, a liberal, and an *honeſt* man.*

In my Eſſays on Faſhionable Diſeaſes, and Noxious Air, I have attempted to weaken, if

* The late Dr. *Gregory*, profeſſor at Edinburgh: his Introductory Lecture, from which I have made extracts in my fifth Eſſay.

not

not counteract, the impreſſions of ſtrong prejudice, and rooted habit, by ſimple facts and plain reaſoning.

The obſervations on Regimen, though compriſed in a ſmall compaſs, are, I believe, quite ſufficient for the information of the intelligent reader: they are the reſult of long experience.

In my Eſſay on the uſe of Medicine under a courſe of Mineral Waters, I have candidly, and without reſerve, given my opinion on a matter of great importance to ſuch invalids as reſort to watering-places; and I flatter myſelf my admonitions will be deemed ſeaſonable, by thoſe who will venture to exerciſe their own judgments on a narrative of plain facts.

My Eſſay on Quackery was written with a view to check the general propenſity of all ranks in this kingdom, either to encourage profeſſed quacks, or to quack themſelves, their connections and dependents; and this propenſity is become the more alarming, as perſons

perſons of rank and fortune have ſet the example.

I think myſelf peculiarly qualified for this taſk; as I have, for many years, taken much pains to detect the ignorance and knavery of our moſt celebrated noſtrum-mongers; and to diſcover the nature and compoſition of their remedies: and I intreat the reader will peruſe what I have advanced, with care, candour, and impartiality.

I have been peculiarly careful to render theſe eſſays as intelligible as poſſible to ordinary readers: but it is very difficult for profeſſional men, who have long been in the habit of thinking, ſpeaking, and writing *technically*, to avoid uſing terms and modes of reaſoning, which may not be clearly underſtood by perſons not of the profeſſion.

I have, as much as poſſible, avoided learned quotations; not only becauſe I have a ſovereign contempt for *even* the ſemblance of pedantry; but as I flatter myſelf that this *morceau* will become a very faſhionable *powdering*

dering book; inſomuch that every fine lady and fine gentleman will conſider it as a neceſſary article of *toilette* furniture; and whilſt under the hands of the *friſeur*, peruſe it with as little ſtudy and application, and with *almoſt* as much amuſement and information, as a modern novel, or a new play.

Whatever may be the merit or demerit of theſe eſſays; I hope my readers will be of opinion, that a very few hours employed in the peruſal of them will not be miſapplied; and that the expence incurred by the purchaſe will be ſo far laudable, as it may contribute to the ſupport of a moſt beneficial charity.

N. B. Since the work has been printed off, it occurred to me, that I had not been ſo explicit on ſome parts of my ſubject as might have been expected; I have therefore placed the additional matter in the Appendix, with references to thoſe parts of the work in which they ought to have been inſerted. The readers are therefore requeſted to transfer them thither by their pens.

The

The Appendix alſo contains a table of foods commonly in uſe, arranged according to their relative digeſtibility.

The reader is requeſted to peruſe the Appendix before the Eſſay on Regimen, as the latter will by that means be better underſtood. The table of foods, though it may not be very uſeful in other reſpects, will at leaſt tend to render the ſubſequent remarks more intelligible.

Having been led, inſenſibly, in my remarks on the relative digeſtibility of foods, into a more ſcientific and argumentative mode of treating the ſubject than I at firſt intended; ſuch of my readers as are averſe from the *ſemblance* of abſtruſe ſpeculation, may not perhaps be ſo well ſatisfied with this part of the work; though, with a little attention, they will, I hope, find it not only intelligible but inſtructive.

INSCRIPTION IN THE PUMP-ROOM, BATH.

THE

HOSPITAL

In this City,

Appropriated ſolely to BATH CASES,

And open to the Poor and Afflicted

Of every Part of the World

(Bath only excepted)

Being deſtitute of a Fund

In any degree adequate

To its Support,

Is moſt earneſtly recommended

To the Patronage and Protection

Of The Humane

And Liberal Part of Mankind.

OH! pauſe awhile, whoe'er thou art
That drink'ſt this healing ſtream:—
If e'er Compaſſion o'er thy heart
Diffus'd its heavenly beam,

Think on the Wretch, whoſe diſtant Lot
This friendly Aid denies;
Think how in ſome poor, lonely Cot
He unregarded lies!

Hither th' afflicted Stranger bring,
Relieve his heartfelt Woe,
And let thy Bounty, like this Spring,
In genial Currents flow.

So be thy Years from Want, and Pain,
And pining Sickneſs free,
And thou from Heav'n that Debt obtain
The poor Man owes to thee.

CONTENTS.

	Page
Dedication	v
Preface	vi
Inſcription	xiv
Essay I. On Faſhionable Diſeaſes	9
—— II. On Hot and Noxious Air	30
Chap. i. On the dangerous Effects of hot and crouded Rooms	*ib.*
Chap. ii. Effects of Noxious Air	32
Essay III. On Regimen	57
Chap. i. Diet	60
—— ii. Choice of Habitation or occaſional Reſidence	93
—— iii. Cloathing	96
—— iv. Exercife	103
—— v. Reſt	108
—— vi. Regulation of the Paſſions	111
Essay IV. An Enquiry concerning the Propriety or Neceſſity of uſing other Remedies, during a Courſe of Mineral Waters, or of Sea-Bathing	113
—— V. On Empiriciſm	125
Chap. i. On Empiriciſm or Quackery	*ib.*
—— ii. On Lady Doctors	155
Appendix	183

MEDI-

MEDICAL CAUTIONS.

ESSAY I.

On Fashionable Diseases.

FASHION, like its companion *Luxury*, may be conſidered as one of thoſe excreſcences which are attached to national improvement; and which ſo far reſemble the moſs of fruit-trees, and the miſletoe of the oak, as not to be entirely uſeleſs; though they may be occaſionally injurious.

Whilſt one part of a poliſhed nation is aſſiduouſly engaged in cultivating the arts and ſciences; another part is not leſs buſily employed in the invention and regulation of its faſhions.

As ſocieties advance in civilization, the active mind of man, not contented with the means of ſatisfying our natural wants, is

anxiouſly employed in creating artificial wants, and the means of their gratification.

When that ſcourge of mankind Louis the XIV. was induced by vanity and ambition to attempt univerſal empire, his ſubjects were, *pour l'honneur du grand Monarque*, not leſs ſolicitous to extend the language and faſhions of that frivolous nation; and even ſturdy John Bull, whilſt his armies and navies triumphed over thoſe of France, deigned to ſubmit to the influence of her faſhions.

By one of thoſe revolutions, however, which are not unfrequent in the affairs of men; whilſt France has of late preſumed to dictate to our Miniſters, ſhe has condeſcended to adopt our faſhions: manifeſt proofs of which frequently occurred to me in that country, and even in the apartments of the firſt lady of that kingdom: How have we benefited by the exchange?

The empire of faſhion has now become univerſal; it is not confined to the decoration of our perſons, or the embelliſhment of our houſes and equipages; but extends to our politics, morals, religion, and even

in

in ſome degree to our ſciences. Men and women of faſhion are ſupereminently diſtinguiſhed from thoſe of *no faſhion*, or *whom no-body knows*.

I do not, however, *entirely* approve of thoſe apparent diſcriminations of national character, merely becauſe they do not ſeem to anſwer the purpoſe for which they were eſtabliſhed; for whilſt people of no rank and ſlender means preſume to intrude on the province of their ſuperiors, by *faſhionably* ruining themſelves, their families, and connections; the pale of diſtinction is thrown down by toad-eaters, ſwindlers, and gamblers, who, by keeping *the beſt company*, neceſſarily exalt themſelves to the high prerogative of being *people of faſhion*.

Should any of my faſhionable readers expreſs their ſurpriſe at meeting with a diſſertation on faſhion in a medical eſſay, my reply is ready; that as medicine, as well as ſome other arts, is become ſubject to the empire of faſhion, there can be no impropriety in conſidering by what means this has been effected.

Faſhion has long influenced the great and opulent in the choice of their phyſicians, ſurgeons, apothecaries, and midwives; but it is not ſo obvious how it has influenced them alſo in the *choice* of their diſeaſes. This I ſhall endeavour to explain.

Patients are generally prompted by curioſity to enquire of their medical guide, what is their diſeaſe? But an explicit anſwer to the queſtion is not always either convenient or practicable; becauſe the doctor is ſometimes ignorant of it himſelf; inſtead therefore of entering on a learned diſquiſition on the ſubject, or candidly confeſſing his ignorance, which would not be always conſiſtent with good policy; he gratifies his patient by a general term, which may, or may not, be expreſſive of the nature of the diſeaſe.

If both patient and doctor are people of faſhion, this circumſtance is alone ſufficient to render the term faſhionable; for as people of faſhion claim an excluſive privilege of having always ſomething to complain of; ſo the mutual communication of their ailments is often a topic of converſation; the imagination frequently ſuggeſts a ſimilarity

ſimilarity of diſeaſe, though none ſuch really exiſts; and thus the term becomes ſoon completely faſhionable.

In the latter end of the laſt and beginning of this century, ſpleen, vapours, or hyp, was the faſhionable diſeaſe.

The Princeſs, afterwards Queen Anne, often chagrined and inſulted in her former ſtation, and perplexed and harraſſed in the latter, was frequently ſubject to depreſſion of ſpirits, for which, after the courtly phyſicians had given it a name, they proceeded to preſcribe Rawleigh's confection and pearl cordial. This circumſtance was ſufficient to transfer both the diſeaſe and the remedy to all who had the leaſt pretenſions to rank with perſons of faſhion. In proceſs of time, however, theſe faſhionable and palatable ſhop drams, became by repetition too weak, and many of the patients, tired of the expence and inefficacy of the remedy, found a more ready and more powerful ſubſtitute in cloſet cordials and plain Nantz.

Upwards of thirty years ago, a treatiſe on nervous diſeaſes was publiſhed by my quondam learned and ingenious preceptor Dr.

WHYTT, profeſſor of phyſick, at Edinburgh. Before the publication of this book, people of faſhion had not the leaſt idea that they had nerves; but a faſhionable apothecary of my acquaintance, having caſt his eye over the book, and having been often puzzled by the enquiries of his patients concerning the nature and cauſes of their complaints, derived from thence a hint, by which he readily cut the gordian knot—"*Madam, you are nervous*;" the ſolution was quite ſatisfactory, the term became faſhionable, and ſpleen, vapours, and hyp, were forgotten.

Some years after this, Dr. COE wrote a treatiſe on biliary concretions, which turned the tide of faſhion; nerves and nervous diſeaſes were kicked out of doors, and *bilious* became the faſhionable term. How long it will ſtand its ground cannot be determined.

Names or terms, when improperly employed in matters of ſcience, neceſſarily create confuſion and error; but had this faſhionable term been productive of no untoward *practical* conſequences, I ſhould have conſidered any attempt to combat the idea

idea as unneceſſary and abſurd. But I have obſerved ſo many injurious effects from the adoption of this idea, that I think it my duty to be at ſome pains to point out the danger of it.

From a well-grounded opinion that Bath waters are very beneficial in colics produced by gall-ſtones, and other caſes of defective bile, a very conſiderable proportion of the patients who reſort to this place, come with a ſtrong prepoſſeſſion that their complaints are *bilious*; inſomuch that inſtead of my patients giving me a detail of their ſymptoms, by which I may judge of the nature of the diſeaſe; the anſwer generally is, "*Doctor, I am bilious*;" and on enquiry, I find that they have generally been in the habit of taking medicines to carry off the bile.

To point out the dangerous conſequences of indulging, and acting, under this idea, I ſhall, as briefly as poſſible, relate two caſes, out of many others which have occurred to me.

Some years ago a lady, daughter of an eminent phyſician, and wife to a gentleman

more reſpectable from his perſonal character, than *even* by his near relation to a noble family, conſulted me on her caſe.

A late *faſhionable* phyſician, who had declined practice, ſpent ſome time at this gentleman's country ſeat. As he had been the family phyſician, the lady conſulted him, as a friend, concerning a complaint of her ſtomach, and he preſcribed her a courſe of purging ſalts, under the idea that the caſe was bilious.

Some weeks after I was conſulted; and found that ſhe had almoſt daily uſed theſe ſalts, but inſtead of being relieved was much reduced, with a total loſs of appetite, and extreme oppreſſion after meals; from which very diſtreſsful ſymptom, ſhe was in ſome meaſure relieved, either by diſcharging her ſtomach, or a repetition of her purge.

I, in vain, attempted to diſſuade my patient from this deſtructive practice, and therefore adviſed that ſome other phyſician might be conſulted. Some difficulty having ariſen concerning the choice, copies of her caſe were ſent to three phyſicians in London. The phyſician who had been ſtrongly recom-

commended by the friend of the family as his ſucceſſor, deſired the patient might go to town, and put herſelf under his care; but this being, on account of her weakneſs, deemed impracticable, he was prevailed on to viſit her. As we did not agree in our opinion of the caſe, I reſigned the patient totally to his direction: Purging medicines, and large quantities of the acid of lemons, were ordered; and her phyſician left her with a declaration that he expected to find her out of danger in the courſe of two days, when he ſhould viſit her again: But on the morning of that day ſhe died, after having laboured for twenty-four hours under violent convulſions.

Here a trivial complaint, which might have been relieved by a few ſtomach medicines, and a courſe of Bath waters, became fatal from injudicious management in the beginning; for I was well aſſured that the diſeaſe was incurable before the lady was viſited by the laſt phyſician; who erred only in his favourable prognoſtic reſpecting the iſſue of a caſe which was beyond the power of medicine: though it is probable the lady's death was

was precipitated by the adoption of his patron's plan.

A ſingle lady, daughter of a moſt worthy and reſpectable friend of mine, had been for many months in the habit of taking purges, with an expectation of carrying off bile; inſomuch that her ſtomach and bowels, having become, by repetition, inſenſible to the impreſſion of weaker purges, was at length obliged to have recourſe to gamboge pills, by the direction of a very eminent phyſician in London. Her health, conſiderably impaired by this practice, was farther injured by the death of an only ſiſter, and ſhe came to Bath laſt ſpring to conſult me.

This lady had been ſo accuſtomed to frequent purging, that ſhe experienced the moſt diſtreſsful oppreſſion and ſenſe of fullneſs at the pit of the ſtomach, when ſhe omitted the uſe of her pills for a day or two: But I having pointed out the danger of purſuing this plan, ſhe deſiſted, and from the uſe of a few warm medicines, aſſiſted by the Bath water, gradually increaſed to four of the largeſt glaſſes of the King's Bath pump.—This lady left Bath much amended; and by

a letter

a letter received from her lately, I underſtand that ſhe has not taken any purgative ſince, excepting a little tincture of rhubarb once only, when indiſpoſed by colic.

Had this lady continued the uſe of theſe violent purgatives, or indeed of any, ſhe would probably have died under complaints ſimilar to thoſe mentioned in the preceding caſe; or have been deſtroyed by an inflammation of the bowels, in conſequence of their inſuperable inſenſibility to the impreſſion of neceſſary means.

The Bath water and other remedies rendered the farther uſe of purges unneceſſary, by ſtrengthening the ſtomach and bowels, and enabling them to perform their offices regularly and ſteadily.

The caſes now related afford an irrefragable proof of the dangerous conſequences of indulging in the habitual uſe of drugs, eſpecially thoſe of the purgative kind; and this often upon the moſt trivial occaſions; and I am entirely convinced that Anderſon's pills, and James's Analeptic pills (now the faſhionable remedy,) have been more deſtructive to his Majeſty's ſubjects than even the havock of war.

Before I proceed to aſſign my reaſons for believing that the idea of bilious diſeaſes being frequent, is founded in error, it will be proper to conſider the true meaning of the term *bilious*. *Bile* is a fluid of a brownish yellow colour, of a pungent bitter taſte, ſeparated by the liver, and diſcharged into the bowels a few inches below the inferior orifice of the ſtomach; partly from the liver, and partly from the gall bladder, which is a kind of repoſitory for the bile, where it undergoes ſome neceſſary changes.

It is ſuppoſed to be of great importance in converting our foods into proper nouriſhment. The ſhare that the bile has in this proceſs can only be accurately explained in terms which would not be intelligible to any but medical readers; and indeed the following arguments, which will be urged againſt the ſuppoſition of bile being a frequent cauſe of diſeaſe, muſt neceſſarily be leſs cogent, becauſe ſome of the moſt forcible reaſons muſt be omitted, as not intelligible to ordinary readers.

Bile may be ſaid to be either too abundant and too ſharp, or the reverſe; that is, too

too ſcanty or not ſufficiently pungent; and one or other of thoſe conditions muſt take place in any diſeaſe, which is commonly called *bilious*; though I think very improperly, in every caſe where it is deficient. In hot climates, and even during the ſultry weather of our ſummers, the bile may be too ſharp; and therefore offenſive to the ſtomach and bowels: But perſons moſt ſubject to thoſe complaints, are chiefly the ſtrong, athletic, and laborious; who are much expoſed to the heat of the ſun, ſuch as ſoldiers, ſeamen, and day-labourers; but even in thoſe perſons, I know from experience, that the bile diſcharged is more frequently an effect than a cauſe of diſeaſe; for though the natural pungency of the bile may be exaſperated by exceſs of heat in fevers; yet as ſoon as the fever ceaſes, the bile, ſo far from being either too abundant or too acrid, is generally deficient in both reſpects, and continues to be ſo until the patient recovers his health and ſtrength. That ſallowneſs and duſkineſs of complexion, therefore, which we remark in the countenances of perſons recovering from intermittent fevers

and

and agues, and alſo in chronic diſeaſes, and which is often termed *bilious*; is owing to a cauſe with which bile is very little, if at all, connected, any otherwiſe than in conſequence of its deficiency, which, in the language of common ſenſe, cannot be called *bilious*.

Perſons of relaxed, delicate, and irritable habits (and ſuch generally are the perſons of rank and fortune who ſeem to have monopolized the term) are ſo far from being affected by exceſs of the bile, that the very reverſe is the caſe.

The bile is often more deficient in quantity and pungency than the reverſe; and this is frequently the reſult of that indolence of life and relaxation of habit, moſt frequently to be met with in the wealthy; and is often accompanied by a train of nervous ſymptoms; though there is no doubt but perſons in the inferior ranks of life, who are reduced indigence, improper diet, or diſeaſe, may alſo labour under this defect of the bile. But without inſiſting on the impropriety of applying the term *bilious* under theſe circumſtances, it will be ſufficient to obſerve, that

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in ſuch caſes all the remedies directed, are ſuch as are intended to increaſe the quantity and ſharpneſs of this humour: Hence the late celebrated Dr. BOERHAAVE preſcribed ox's gall and other bitters as ſubſtitutes, in ſuc the bile.

Jaundice, or a bilious tinge of the ſkin, is conſidered as a ſufficient proof of an exceſs of bile; and many patients, eſpecially the ladies, are very much in the habit of conſulting their friends and their doctors, concerning the colour of their eyes; and by the aid of a depraved imagination, often detect bile as a cauſe where it does not exiſt. Thus, when a lady, having ſpent many hours at a Route, almoſt ſuffocated by the hot and tainted air of a ſmall crouded room, is thrown into a temporary fever, and awakes unrefreſhed and diſtreſſed; perhaps not in a very good humour, from a bad run at cards the preceding night; upon conſulting her glaſs, finds her complexion not ſo clear as the preceding day; but unwilling to attribute it to the real cauſe, finds ~~a ready reſource in the bile~~. in the bile a more convenient ſubject of blame.

Jaundice,

Jaundice, however, is rarely the conſequence of exceſs of bile, but of its deficiency, and only ſhews that it has by a variety of cauſes, ſome of them not well underſtood, been diverted from its natural courſe. But here, the means of relief are ſuch as may be beneficial in reſtoring it to its uſual channel, and increaſe its quantity and ſharpneſs; and not to diſcharge it as abundant and offenſive: therefore, this does not deſerve, ſtrictly ſpeaking, the name of a bilious diſeaſe, any more than a dropſy neceſſarily implies an exceſs of the thinner parts of the blood.

A bilious tinge of the ſkin is not unfrequently the accidental effect of nervous or ſpaſmodic colics, owing to the natural paſſages of the bile being ſo blocked up by a temporary conſtriction, that it is diffuſed over the ſurface. This I have more than once obſerved in patients exquiſitely nervous, and in whom there was not the leaſt reaſon to ſeſpect either abundance of bile, or gall-ſtones. In theſe caſes, the ſkin and whites of the eyes have loſt the yellow tinge, when the ſpaſm being removed, the bile returned into its natural courſe. A doſe of camphor

camphor, or opium effected a cure; whilſt a purge, given in this ſtate of the organs, would have increaſed the yellowneſs.

But there are many diſeaſes accompanied with a ſallowneſs of complexion, often miſtaken for a jaundiced tinge; and this is ſometimes the caſe in perſons who labour under a complication of nervous and hypochondriacal ſymptoms, not unfrequently complicated with ill-formed gout: ſuch perſons, under the idea of being bilious, are frequently too buſy with purgatives, for the abſurd purpoſe of carrying off a cauſe which does not exiſt; and thereby exaſperate all their complaints.

Gall-ſtones, as they are commonly called, are formed, by the bile contained in the gall-bladder becoming gradually ſo congealed as to acquire the conſiſtence of yellow wax. This is not ſo frequent a diſeaſe as is generally imagined; but it is eaſily diſtinguiſhed from what are commonly, but falſely, called *bilious* caſes, from the exquiſite and intolerable pains at the pit of the ſtomach; whilſt the gall-ſtones block up the paſſage from the gall-bladder. But this terrible evil is not

always accompanied with a bilious tinge of the ſkin, which is indeed often accidental, and unconnected with any fault of the bile.

Even diſeaſes of the liver itſelf, the organ which prepares this humour, do not, ſtrictly ſpeaking, deſerve the name of *bilious*; for yellowneſs of the ſkin, or a diſcharge of bile, are only accidental circumſtances; and ſome of the moſt inveterate diſeaſes of this organ take place without either.

A bitter taſte of the mouth, a browniſh liſt on the tongue, a ſickneſs, and ſenſe of oppreſſion at the pit of the ſtomach, are ſuppoſed to be undoubted proofs of offenſive bile in the ſtomach; eſpecially if bile be diſcharged by vomiting: but if we conſider the unnatural medley of foods which are ſwallowed by the rich and luxurious, we may readily account for theſe ſymptoms, without attributing them to the bile; which, had it really exiſted in the ſtomach, would rather have prevented, by its aſſimilating quality, thoſe unnatural ferments, than have promoted them; and indeed this is ſuppoſed to be its peculiar office, after the food is diſcharged into the bowels.

With

With reſpect to the ſuppoſed unequivocal proof of an offenſive ſtate of the bile, from its being diſcharged by vomit, this circumſtance merits a diſtinct and more minute conſideration.

Though ſome phyſicians have alledged that bile is always preſent in the ſtomach, and that it is indiſpenſibly neceſſary to the digeſtion of the food; yet the majority have doubted, and even denied the fact; and ſome experiments made on brutes, with an expreſs intention to aſcertain the nature of digeſtion, ſeem to contradict it. If bile ever arrives at the ſtomach, it muſt be by a perverted and retrograde motion of the bowels, and contrary to gravity; which, in the ſimplicity of the operations of nature, cannot readily be admitted; for if the wiſe author of our being had intended that the bile ſhould be depoſited in the ſtomach, it might eaſily have been conveyed directly thither, as, it is ſaid, was found to be the caſe on the diſſection of a man who had been remarkable for a moſt voracious appetite, owing, as it was ſuppoſed, to its being conveyed thither directly by a duct. Some of my patients have aſked me

how bile ſhould be diſcharged from the ſtomach, if it was not depoſited there. The anſwer is eaſy. The ſenſation of ſickneſs, if it be ſevere and permanent, promotes a regurgitation of bile into the ſtomach, by inverting the periſtaltic motion of that bowel or inteſtine which is connected with the ſtomach: and hence it ſometimes happens, that when the ſtomach is empty, pure bile is diſcharged by the firſt effort; but this is no evidence of its being the offenſive cauſe of the vomiting, but an accidental effect; neither is a copious diſcharge of bile any evidence of its being in a diſeaſed ſtate.

The moſt healthy perſon, on going to ſea, when he becomes ſick, diſcharges, after various efforts, a great quantity of bile, and this for days ſucceſſively: but ſhall we from thence infer that his bile is abundant or acrid? A man in high health receives a blow on his head, by which his brain is injured; he throws up green bile: are we to ſuppoſe that the bile is in fault? Perſons ſubject to nervous head-achs often diſcharge bile; but the effect is accidental, and is in no reſpect connected with a fault of this humour.

mour. Perſons, the tone of whoſe ſtomachs is much impaired by intemperance, and other cauſes, after a ſevere fit of heartburn, diſcharge the contents of the ſtomach ſo extremely ſour, as even to corrode the throat. After a few efforts, the matter thrown up is green: this alſo is attributed to bile; though in truth, if this bile had been preſent in the ſtomach, it would have neutralized and corrected this ſharp acid; as we know that ox gall mixed with acids has this effect.

To conclude, the idea of bile being a predominant cauſe of diſeaſe, is a groſs and vulgar error; and in its conſequences a very injurious one; and I can, from long and extenſive experience, aver, that thoſe evils which have been attributed to its exceſs, have generally reſulted from its deficiency; and that the idea of carrying off this moſt uſeful and ſalutary humour, when it is already too ſcanty, has been often productive of the moſt dangerous and fatal conſequences.

N. B. In the Greek language, the ſame term is uſed to expreſs bile and anger; hence the word *choleric* is applied to perſons of a violent, iraſcible, and reſentful diſpoſition.

Were the Britiſh Fair, eſpecially the *Faſhionable*, (whoſe poliſhed education has a manifeſt tendency to regulate, if not almoſt annihilate, all the tumultuous paſſions) apprized of this circumſtance, they could not poſſibly conceive, that any of their bodily or mental evils originated from, or were connected with an exceſs of *gall* or *bile*; and inſtead of continuing to adopt it as a *faſhionable diſeaſe*, they would reſign it to the nymphs of St. Giles's and Billingſgate.

ESSAY II.

The DANGEROUS EFFECTS *of* HOT *and* CROUDED ROOMS.

CHAP. I.

FIRE is an element, the nature of which, notwithſtanding the numerous experiments and painful reſearches of philoſophers and chymiſts, is but imperfectly underſtood. It is the moſt univerſal principle, and the moſt powerful agent, in nature, as it pervades all bodies, and reſides in a certain degree in the

the coldeſt: heat and flame being only effects of its activity, and cold of its quieſcent ſtate, in thoſe bodies.

When united with the principle of inflammability, which reſides in many bodies, thoſe bodies, when fire acts upon them, burſt out into flame; and this flame is ſupported by the external air: which is alſo ſuppoſed to enter copiouſly into the compoſition of thoſe bodies during their ſtate of combuſtion.

Though all bodies in nature are not ſuſceptible of flame, yet all are of heat, in various degrees, generally in proportion to their denſity.

The effects of heat on animal bodies are in proportion to its degree, and perhaps of ſome other circumſtances not yet well aſcertained. In a moderate degree, it creates an agreeable ſenſation in the parts with which it comes in contact, quickens the circulation of the blood, and increaſes the ſenſibility of the body. In a degree equal to, or above the heat of the body, it firſt excites and increaſes the powers of the circulation; but ultimately weakens and depreſſes them:

Hence

Hence it is that bakers, blackſmiths, manufacturers of glaſs, &c. are oppreſſed, and eventually much weakened, by the heat of their furnaces, &c.; and we know that exceſs of heat *alone* produces dangerous and often fatal fevers; and that, when the impreſſions of cold ſucceed thoſe of heat, a variety of diſeaſes are produced, according to the degrees of each, and other circumſtances.

This ſubject will be conſidered more fully in the next chapter.

CHAP. II.

Effects *of* Noxious air.

THIS term, when applied to air, implies, that it is injurious to animal life. The maſs of air which ſurrounds this globe to a conſiderable height, and which is called the atmoſphere, ſeems to be a compound of pure air blended with a very large proportion of exhalations from animals, vegetables, minerals, and metals; and therefore muſt be more or leſs impure in proportion

portion to the nature and degree of these exhalations.

As we are constantly and necessarily receiving a column of this air into our lungs, for the support of life, it is of considerable importance that it should be as free from impurity as possible, (for impure it always is in some degree) because, when highly contaminated, it is fatal; as is evident from the effects of burning charcoal, experiments with the air-pump, &c.

The effects of impure air on the body are various, according to the degree of its impurity. The person who remains for some time in foul air becomes uneasy and languid, with head-ach, difficulty of breathing, sense of oppression about the heart, cold sweat, fainting, &c.

These effects shew that the lungs are unable to admit or discharge the air with their usual freedom; that the powers of the heart and circulation are weakened; the energy of the nervous system depressed and almost suspended; and that life will soon be totally extinguished.

It may now be proper to enquire what are the chief causes of these effects; that

we may avoid, or in ſome meaſure counteract them.

1ſt. *Heat* in exceſs is the cauſe of much inconvenience and danger, as has been remarked in the preceding chapter, even when it is not combined with any other noxious qualities. In no city or quarter of the kingdom are theſe evils ſo frequently or ſeverely felt as at Bath; ſurrounded as it is by hills, the incumbent atmoſphere is rendered more warm and moiſt by the ſteams from the hot baths, and the ſmoke from the numerous fires. This atmoſphere is more ſtagnant, or leſs frequently changed here than in cities ſituated on plains; and when changed, it is but partially ſo; the colder and heavier air ruſhing into and through the ſtreets, in eddies, eſpecially from the weſt and northern points: hence it is a general complaint that Bath is more windy than any other place.

This city being much reſorted to, moſt of the houſes are occupied by ſtrangers; ſo that conſtant fires in almoſt every apartment, render the houſes exceedingly hot; as is evident from the heat of the party walls, which

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is ſometimes almoſt intolerable in bed-chambers, eſpecially if the beds are placed near thoſe walls.

The public rooms, though lofty and ſpacious, are nevertheleſs rendered very hot by the numerous fires, and the great number of candles; but eſpecially by the croud of people who reſort to them: but the evil is much increaſed by the frequency of private routes, where ſmall rooms are filled by a croud of perſons.*

Hence it is that ſtrangers almoſt generally complain of having caught cold on their coming to Bath; and invalids are not only thereby interrupted in the uſe of the waters, but their healths are much impaired;

* It has been to me matter of great ſurpriſe, that in this city, where the public rooms are ſo commodious, people of faſhion ſhould countenance private meetings or routes, not only to the injury of the public inſtitutions, but manifeſtly, of their own healths. Some wicked wags have occaſionally related ſuch circumſtances of the ludicrous and laughable diſtreſſes which have occurred at thoſe meetings, as would have afforded our late Ariſtophanes ample materials for a farce: It is my duty to attend *ſolely* to the very *ſerious* conſequences which reſult from ſuch meetings.

In London, the practice of giving routes is more warrantable, not only becauſe there are few, if any, public card-rooms; and the private apartments are much more *ſpacious* and airy than our dining-rooms and parlours here; not to mention the bed-chambers, cloſets, and *cupboards*, into which the company are crammed.

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and coughs, rheumatiſms, and fevers, are ſuperadded to their other maladies.

Theſe evils are not obviated by the uſe of chairs or other carriages. The common chairs, ſoaked by the rains and night-dews to which they are perpetually expoſed, inſtead of affording a proper defence againſt the outward air, contribute rather to increaſe the evil; nor are gentlemen's carriages much leſs inconvenient; for beſides their being expoſed in open ſheds, where not only the leather but the lining muſt unavoidably contract and retain damps, perſons who paſs from a hot room, through cold and long paſſages, into the open air, and from thence to their carriages, are ſubject to be inſtantaneouſly chilled by the ſudden tranſition from ſuffocating heat to piercing cold.

2dly. *Tainted* or *impure Air.*

To the philoſophical experiments and reſearches of the very ingenious Dr. PRIESTLEY, employed in diſcovering the nature and properties of factitious airs, we are much indebted for a more accurate knowledge of the qualities,

qualities, and relative degrees of purity of the atmoſpheric air.

This air, of which it is ſaid not above one-ſixth is really pure, is a very heterogeneous maſs, the greateſt proportion of which is really inimical to animal life.

Beſide this general ſource of contamination, the breath and perſpiration of the human body taint the air we breathe ſo much, that it is generally ſuppoſed that each perſon deſtroys the vivifying principle of a gallon of air in a minute; and hence the neceſſity of frequently ventilating and renewing the air of our apartments, eſpecially if ſmall and crouded.

Of the dangerous and even fatal effects of ſtagnant and tainted air, many inſtances are recorded. Not to mention the memorable inſtance of the *black hole* at Calcutta, others occurred ſome years ago at the aſſizes at Oxford, and lately in the aſſembly-room at Edinburgh; in both which inſtances the air became ſo foul, as to threaten the immediate deſtruction of every perſon preſent. But foul air does not only weaken the ſprings of life,

life, but generates the moſt malignant and contagious diſeaſes.†

Hence it is, that in the cloſe and damp cells of our county jails, the air is ſo noxious as to engender a malignant fever, to ſuch a degree, that for one convict that is executed, three die of the jail diſtemper. It is for this reaſon alſo, that unleſs hoſpitals are very judiciouſly conſtructed, and conſtantly ventilated, a much ſmaller proportion of the patients recover, than of thoſe who occupy ſeparate apartments in private houſes.

But independently of theſe and many other well-vouched facts, a ſimple experiment will afford a poſitive proof of what is now alledged.

The moſt neat and delicate perſon, after having paſſed the night in his bed-chamber, does not, when he awakes, diſcover any offenſive ſmell in his room: but if he quits it for a few minutes, and returns to it, after having been in the open air, and before freſh air has been admitted, he will quickly diſcern an eſſential difference.

† A philoſophical critic may alledge that I here confound the ordinary contamination of the air with ſpecific contagion; but in a treatiſe of this kind, accurate diſcrimination is not neceſſary.

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The ſame happens in public and crouded rooms; but as the offenſive impreſſion may be partly attributed to the blended effluvia from the fires, lights, and perfumes, (the latter of which by the bye are not very ſalutary) the experiment would not be ſo deciſive.

If theſe evils ariſe from ſtagnant air in apartments frequented by the opulent, nice, and elegant, who have the means and diſpoſition to promote neatneſs and cleanlineſs; how much more injurious muſt ſtagnant air be in the hovels of the indigent, who are deſtitute of all the conveniences, and many of the neceſſaries of life!

I ſhall endeavour to explain, as briefly and intelligibly as poſſible, the reaſon why the effluvia from human bodies are ſo injurious; as ſuch explanation will point out the means of leſſening, though perhaps not totally obviating the evil.

Many of the organs which compoſe our wonderfully complicated frame are employed in diſcharging particles of our food, or of the conſtituent parts of our bodies, which by the various exerciſe of its functions

tions are become uſeleſs; and, if retained, would neceſſarily become very noxious, and the cauſes of many diſeaſes. Many of thoſe diſcharges, eſpecially from the ſurface of the body, and from the lungs, are, even in the moſt healthy and delicate perſons, in a ſtate not very remote from putrefaction; but in perſons labouring under diſeaſe, they are of a ſtill more noxious nature; and hence two hints are ſuggeſted, viz. that perſons in health are not benefited by ſleeping in the ſame bed with invalids; and that it is peculiarly neceſſary to have the apartments of the ſick well aired and ventilated; and their apparel, eſpecially their linen, frequently changed.

It is ſuppoſed, and I believe juſtly, that more of the offenſive particles of our bodies are ſwept off by the air received into the lungs, than from the whole ſurface of the body beſides; and this is the reaſon why the air we breathe is ſo ſoon contaminated, and rendered unfit for the ſupport of life; and this in proportion to the air being leſs pure previouſly to its being inſpired; becauſe, thus tainted, it is ſooner ſaturated with the noxious matter it takes up in the air cells of

of the lungs, and therefore carries off a ſmaller proportion in a given time.

There is another ſource of tainted or impure air, (beſides many others which I ſhall not enumerate) viz. burning fuel of every kind. That charcoal taints the air, has long been known to medical men; but it has not been ſo generally ſuſpected, that candles, lamps, wood, turf, and coal fires, foul the air of the apartments in which they are burned. An eminent and very ingenious phyſician of this city‡ has, by applying Dr. PRIESTLEY's teſt, found that the fumes of burning wood taint the air more than thoſe of coal, and charcoal more than either; and that the ſmoke of tallow candles is more injurious than that of wax or ſpermaceti.

That gentleman diſcovered alſo that the human breath tainted the air more conſiderably in the afternoon, than in the morning: but that the effects of different kinds of paint, and of flowers, on the teſt, were leſs apparent than might have been expected, conſidering how noxious both are to the human body.

‡ Dr. FALCONER.

Fire has, in general, been deemed a purifier of air, and under certain circumſtances it may be ſo in a relative degree: by diſſipating the moiſture of cold and damp places, and, by rarefying the column of air within its influence, favour the admiſſion of colder and denſer air.

When Hippocrates was conſulted concerning the beſt means of preventing the propagation of a contagious diſeaſe (perhaps the plague) which infeſted a part of Greece; he adviſed that large fires might be made in a narrow paſs formed by adjoining mountains, for the purpoſe of purifying the air. But it is to be doubted how far the expedient would avail; as the rarefaction produced by the heat, would as readily favour a torrent of infected air from one quarter, as of purer air from the other.

Burning bodies certainly abſorb a large quantity of the ſurrounding atmoſphere, and it is to be ſuppoſed the pureſt, as it is a more ſuitable pabulum; but it is equally certain, that they alſo throw off a very large portion of inflammable air, by which the atmoſpheric air is tainted: So that fires and all other burning

burning bodies injure the air, not only by conſuming the purer part, but by throwing off foul air.

From what has been ſaid, it appears that a variety of circumſtances conſpire, even in our private habitations and apartments, to weaken, and almoſt inſenſibly undermine the ſprings of life; but in public meetings and private routs, the evils ariſing from large fires, numerous lights, and crouded rooms, are proportionably increaſed.

A circumſtance which occurred about two years ago firſt induced me to offer my opinion on this ſubject.

A young lively woman, who came hither to put herſelf under my care, gave a rout, and inſiſted I ſhould be of the party. The room was ſmall, and the company very numerous. We had not been long ſeated at the card tables, before a young man, my partner, after having undergone various changes of countenance, fell into a ſwoon. The doors were thrown open to afford him freſh air, and my patient, who was a delicate invalid, was much injured by the ſudden expoſure to the current of cold air. How

the reſt of the company were affected, I had not an opportunity of knowing; but my own feelings and ſufferings for many hours after I retired, convinced me of the dangerous conſequences of ſuch meetings.

On declaring, a few days after, to one of my brethren, a man of humour, my reſolution of writing a bitter Philippic againſt routs; he archly replied, "Let them alone, "Doctor, how otherwiſe could *twenty-ſix* "phyſicians ſubſiſt in this place?"

I proceed now to point out the means by which theſe evils are to be obviated.

It may be laid down as a ſelf-evident propoſition, that as the extremes of heat and cold are very injurious to the human frame, eſpecially if they rapidly ſucceed each other; ſo it is incumbent on thoſe who wiſh to preſerve health, to endeavour to eſtabliſh ſuch an equality in the temperature of the air they breathe, as to avoid an exceſs of either.

The public rooms of this city, though very ſpacious and lofty, are, however, ſo heated by fires, lights, and a croud of company, as to be very injurious to thoſe who frequent them. On the ball nights one door

door of the ball room is generally left open, and the chimneys afford a vent, in ſome degree, to the foul and rarefied air. But this is not ſufficient, as is manifeſt to the feelings of every perſon on paſſing into them from the outer rooms. Thoſe who frequent the card rooms have not even the benefit of an open door, unleſs when perſons paſs and repaſs, when the cold air ruſhing in by ſtarts and intervals, is more hurtful than beneficial.

I would therefore propoſe that the caſements of all public rooms, and indeed of private houſes, ſhall be ſo conſtructed, as that the upper diviſion ſhall ſlide down, and that a certain portion of them, according as the room is more or leſs crouded, be always kept open. By thus promoting a free and conſtant circulation of air in every apartment, whether occupied or not, the internal and external air becomes nearly of equal temperature; the foul air which is generated in cloſe unoccupied chambers, and which adheres to the walls and furniture, will be carried off before it is accumulated, and the uſual practice of airing rooms, by opening the

the windows, and warming them with fires, will be leſs, if at all neceſſary.

This opening of the windows being, even in private houſes, much above the level of our bodies, obviates the objection of its being injurious, by expoſing us to a current of air.

But the truth is, that unleſs the wind ſets ſtrongly from the quarter oppoſite to the open windows, the rarefied and foul air, ruſhing through thoſe apertures, counteracts and reſiſts the column of cold air. This is evident from a ſimple experiment. Apply a burning candle to the upper crevice of the door of a heated room, the flame will tend outwards; if to the bottom crevice, inwards; a proof that whilſt the heated and foul air ruſhes out at the upper crevice, the colder and purer air enters below.—Hence the impropriety of double doors, linings, liſtings, and ſand-bags, all which, by preventing ſome degree of ventilation, contribute to the evil which I wiſh to obviate.

A thermometer placed in public rooms, and the ſitting rooms of private houſes, would regulate the degree of heat, which in the

the winter ought rarely to exceed 58 or 60 degrees of Farenheit's thermometer; whereas when this teſt is applied in heated and crouded rooms, it is found to exceed it conſiderably.

A lady of this city, who conſulted me, had the caſements of her apartments altered in the manner I have ſuggeſted; and has been benefited by the experiment.

It is obvious, that by theſe expedients for regulating the heat of the rooms, we ſhould not only breathe a purer air, but, in a great meaſure, avoid the dangerous conſequences of ruſhing from heated rooms into cold air; the difference being, in froſty weather, often between 50 and 60 degrees.

All perſons, but eſpecially invalids, when they go into a cloſe room from the open air, ought not to approach the fire immediately; but if cold, bring themſelves gradually to the temperature of the air of the room, which ought rarely to exceed 60. If from inſpecting the thermometer, which ought to hang at ſome diſtance from the fire, it is found to be conſiderably higher, the fire ought to be leſſened, or more of the upper

ſaſhes

ſaſhes opened. By ſuch precaution, they will not only avoid the debilitating effects of a ſudden tranſition from extreme cold to great heat, but be leſs affected by the foul air thrown off by the burning fuel. For this reaſon I am, from what I remarked in traverſing the continents of Europe and America, convinced, that ſtoves are preferable to open grates, not only becauſe they diffuſe the heat more equally; but carry off the inflammable air extricated by the fire.

I ſhall cloſe this chapter with ſome remarks on our ſleeping apartments.

If we allow only eight hours in the twenty-four to ſleep; though many perſons, eſpecially invalids, ſpend many more hours in their bed-chambers, we ſhall find that during more than one-third of our time, we breathe the ſame ſtagnant impure air, highly impregnated with noxious effluvia.

Thoſe who have not experienced the benefits reſulting from the expedients I ſhall propoſe, are not conſcious of the evils which proceed from ſleeping in confined and ſmall bed-chambers. But from the inſtances of the fatal effects of air contaminated in a high

high degree, already-mentioned, there is the ſtrongeſt preſumption that in a lower degree the effects, though more inſidious, muſt nevertheleſs be very injurious.

It may be farther remarked as a collateral proof, that we feel ourſelves lively and alert in a pure air; and Dr. PRIESTLEY tells us, that his feelings and breathing were remarkably pleaſant when he breathed that kind of factitious air which he calls deplogiſticated, and which is much purer than the common atmoſpheric air. The inference is obvious.

I would therefore, not only from long perſonal experience, but the information of others to whom I have recommended it, adviſe, that not only invalids, but perſons in health, admit a free circulation of air in their bed-chambers, by various ways, and in different degrees, according to the ſeaſon of the year and other circumſtances.

During the warm cloſe weather of the ſummer and autumnal months, the chamber door may be left open for a few nights; afterwards a part of the ſaſh may be left open; but the current of air intercepted by the ſhutter: and as the perſon becomes more habituated

bituated to free air, the ſhutter alſo may be left open, and the current prevented by dropping a window curtain before it.

In the colder months, a window in an adjoining apartment may be left open, as alſo the door of communication; opening or cloſing the ſhutter, according as the wind does or does not blow directly from that quarter. Chimney boards, as very great impediments to a free circulation, ought never to be admitted in any apartment.

Thick curtains cloſely drawn around the bed are very injurious; becauſe they not only confine the effluvia thrown off from our bodies whilſt in bed, but intercept the current of pure air.

It may be objected, that by the admiſſion of cold air, perſons, eſpecially invalids, would be apt to *catch cold*, as it is commonly called; but ſo far from this being the caſe, I aver, that diſeaſes from this cauſe generally proceed from perſons being expoſed to cold after being previouſly much heated: and ſo far is exceſſive warmth from being conducive to the cure of colds, and their many dangerous conſequences, that they are always exaſperated

rated by hot close apartments, and hot regimen; and therefore the best means of preventing diseases from cold, is to avoid the contrary extreme.

Those persons who have a window open in the bed-chamber or an adjoining apartment, need not be under any apprehension of suffering by a current of air being immediately directed upon them whilst in bed; because, if the upper sash be open, the current will be considerably above the level of the bed; but if the lower sash be open, it will be prudent to draw so much of the bed curtain as to prevent the wind from blowing upon the person in bed. But the danger of catching cold from such current is more apparent than real, for if the head and body are properly covered, there is no hazard; and one advantage of thus admitting air is, that persons who are in the habit of lying very warm, will by this expedient find themselves much less oppressed, and heated by a load of bed-clothes; as the lungs, like the funnel of a stove, discharge the heated and foul air by means of the cool air admitted by every inspiration.

It may alſo be alledged, that from the experiments of Dr. Ingenhouz, night air is noxious; as vegetables in a growing ſtate throw off in the ſhade, a great quantity of noxious air. But allowing the reſult of theſe experiments to be ſuch as the Doctor has related, it may indeed be an objection to keeping flowers in our apartments, but none to the night air in large cities, where no vegetation goes on.

It will be expected, that inſtead of arguing from general principles, I ſhould adduce inſtances of the ſafety and utility of this innovation; and the expectation is reaſonable: but it would ſwell this eſſay too much to enter into numerous and minute details; I ſhall however mention a few circumſtances, which will, I hope, carry conviction along with them.

It is an incontrovertible truth that, in general, ſuch perſons as are precluded, by neceſſity, from the indulgence of warm and cloſe rooms; and are deprived even of the benefit of comfortable firing, are more hardy and enjoy firmer health, than the opulent: though no habits of living can afford an entire

entire exemption from diſeaſe. Hence it is that though indigence, and pinching want, in many of the lower rank of every ſociety, is a grievous relative evil; yet affluence and luxurious indulgence expoſe us to diſtreſſes of a different kind, and there is nearly a compenſation throughout, the balance being rather in favour of the middle rank in every ſociety.

Of the ſafety of the practice I recommend, my own family affords a manifeſt proof; nor have I ever heard that any of my friends or patients who have made the experiment, have had any reaſon to repent it, but the reverſe.

About ſixteen years ago I attended the late Sir John Aſtley, whilſt he reſided on his eſtate at Everley in Wiltſhire. This old gentleman, then above 80, lay, during the ſevereſt part of the winter, in a room without fire, and a bed without curtains, and every morning plunged into the cold bath; and had he not, from a ſpirit of obſtinacy, neglected and miſmanaged himſelf when labouring under a complaint not dangerous in its nature, he might have ſurvived ſeveral years longer.

That

That the admiſſion of cold air into bed-chambers is of uſe in preſerving health, cannot be doubted by any who have read the preceding part of this chapter; for if foul air weakens and deſtroys the ſprings of life, pure air muſt neceſſarily ſupport and invigorate them.

If at any time I neglect to admit air into my bed-chamber, before I go to bed, my night is ſpent uncomfortably, I am hot and feveriſh, and I awake diſtreſſed by head-ach, and other diſagreeable feelings. This may be partly attributed to habit; but it affords an irrefragable proof, that cool and pure air is more friendly to the human ſyſtem, than our being immerſed for many hours in the hot and putreſcent vapours exhaled from our own bodies.

Impure air is peculiarly inimical to the nervous ſyſtem: it relaxes and enfeebles the general habit, and increaſes the irritability of the body.

On converſing with a ſenſible and ingenious gentleman* on this ſubject, he informed

* Mr. LUCAS, of the York Hotel at Bath.——If an Univerſity education, very reſpectable family connections, urbanity of manners and integrity of heart, conſtitute a gentleman, no man has a higher claim

me that he had for many years laboured under a complication of nervous ſymptoms, for which he had obtained no relief from medicine. He at length determined to try the effects of ventilating his chamber in the manner I have mentioned; and has been benefited thereby beyond expectation.

On my communicating theſe remarks to an eminent phyſician here, he favoured me with the following letter:

"I do not wiſh to have my name men-
" tioned in the detail of my caſe; it will be
" ſufficient to ſay, that having for many
" years been occaſionally ſubject to palpita-
" tions of the heart, ſhortneſs of breathing,
" great anxiety and depreſſion of ſpirits, uni-
" verſal tremor, and other ſymptoms of the
" kind, uſually called nervous; after trial of
" many medicines of the antiſpaſmodic kind,
" I found nothing ſo effectual as a ſtrict at-
" tention to preſerving a due temperature of
" body during the night, at which time the
" above ſymptoms were moſt apt to recur.

claim to that character than my old friend Mr. Lucas.——Many years ago I knew the brother of an Engliſh Peer in the ſame rank of life, and with ſimilar qualifications.

" In

"In order to preſerve this temperature, I "found it neceſſary to uſe only a moderately "thin quilt in the ſummer, with an addition "of a moderately warm blanket in the win- "ter, and no fire in the room; one window "of which was kept open all night in the "ſummer, and the whole of the day in cold "weather. This regimen produced ſound "and refreſhing ſleep, and almoſt an entire "exemption from many troubleſome ſymp- "toms of a ſimilar kind that frequently came "on in the day time."

Other inſtances have occurred to me of a ſimilar kind; but not ſo deciſive of the efficacy of this practice.

Many perſons who labour under chronic diſeaſes, are diſtreſſed by an irregular fever, which, from the impure air they breathe for many hours in bed, is moſt troubleſome in the night. I know, from experience, that it is much abated, and ſometimes entirely removed, by the admiſſion of cool air; and the ſlumbers of the invalid become leſs interrupted, and much more refreſhing. To ſuch as labour under catarrhal coughs, which often terminate in conſumption, to ſuch alſo as

as labour under this diſeaſe in an advanced ſtate, and to the aſthmatic, this mode has been ſingularly beneficial.

To conclude; I can venture to affirm, that, by a cautious uſe of the expedients I have recommended, diſeaſes may often be prevented, and invalids frequently relieved.

ESSAY III.

REGIMEN.

THIS term, in medical language, ſignifies the regulation of various circumſtances reſpecting thoſe modes of life, by which health may be preſerved or reſtored.

The objects of regimen, are reſidence or habitation,—diet,—exerciſe, and reſt, which include ſleeping and waking,—clothing, and the paſſions of the mind.

Theſe have been by phyſicians denominated *non-naturals*; becauſe, when abuſed, they are contrary to nature, and have a direct tendency to produce or increaſe diſeaſe;

but when properly regulated, they become friendly to our nature, and contribute not only to the preſervation of health, but to the cure of diſeaſes.*

Many voluminous treatiſes have been written on this ſubject: I believe, however, that in the following chapters, I have not omitted any circumſtances which may contribute to the information, either of invalids, or of ſuch perſons as are diſpoſed to preſerve the invaluable bleſſing of health.

Regimen may be divided into three branches; viz.

1*ſt*. That which reſpects the preſervation of health.

2*dly*. That which is adapted to the removal of occaſional diſeaſes.—And

3*dly*. The regimen which may have a tendency to cure or alleviate inveterate or hereditary diſeaſes.

In theſe three points of view I ſhall conſider Diet: My remarks on this, and other

* *Medicine* has ſometimes been ranked among the non-naturals; and indeed I have often found it to be ſufficiently *unnatural*: But the good old *non-natural* practice of bleeding, purging, and ſwilling gallons of diet drink, every ſpring and fall, is now *out of faſhion*:—It *went out* with the worthy race of Lady Bountiful's, together with cowſlip wine, and plague water.

parts

parts of regimen, will be chiefly the reſult of my own experience; which, from aſſiduous attention, has been very extenſive.

It has been very generally acknowledged, that, in many inſtances, regimen may be more effectual than even medicine itſelf: it is at leaſt true, that medicine owes much of its ſucceſs to a correſponding regimen.

It muſt however be confeſſed, that, ſo far as reſpects the regimen neceſſary for the preſervation of health, much muſt depend on the conſtitution and habits of life; and that no abſolute rule can be laid down.

Reſpecting the regimen to be obſerved in the cure of occaſional diſeaſes; that muſt depend on the nature of the diſeaſe, and muſt be left to the diſcretion of the attendant phyſician, who only can aſcertain it.

With regard to the third head, where the diſeaſe, from its inveteracy, has become, as it were, a part of the conſtitution, I ſhall offer a few remarks; though even here much muſt depend on conſtitutional circumſtances.

One of the moſt deciſive proofs of the efficacy of regimen is recorded by the celebrated LEWIS CORNARO, a noble Venetian;

whoſe conſtitution having ſuffered, almoſt irreparably, before he arrived at his 46th year; did, by dint of regimen, ſurmount a complication of diſeaſe, and he lived almoſt a century.

Longevity, however, ought not to be a primary incentive to the obſervance of regimen, but rather an inducement, whilſt we do live, to endeavour to poſſeſs a ſound mind in a healthy body; a bleſſing, the want of which cannot be compenſated by celebrity, rank, or fortune.

CHAP. I.

DIET.

UNDER this head are included foods, drinks, and what may be called *condiments*, viz. pickles, ſauces and confections.

Until our bodies attain their utmoſt growth, an additional quantity of nouriſhment is neceſſary for this purpoſe; beſide what is required for ſupplying the conſtant waſte of the ſolid and fluid parts of our bodies

bodies, incurred not only by the exercise of the constitutional functions; but by the various degrees of labour we undergo.

Food is generally divided into animal and vegetable; and from the nature of the human frame, compared with that of other animals, it is evident that man was destined to use a mixture of both.

It would neither be very intelligible nor satisfactory to the unmedical reader, to enter into a scientific disquisition on the nature of digestion. It may just be observed, that from the vessels or strainers of the mouth, throat, stomach, liver, and bowels, there is constantly poured out a variety of humours which soften, dissolve, and intimately blend the various materials of our foods, drinks, &c. both in the stomach and bowels, and with the assistance of heat equal to 96 degrees, reduces them to an uniform liquid mass called *chyle*, which being conveyed to the heart, and there mixed with the blood, is distributed for the nourishment of every minute fibre of the body.

Many speculations have been advanced to explain the wonderful process of digestion,

tion, none of which are quite ſatisfactory: It is not however improbable, that it in ſome degree reſembles that fermentation by which wines, beers, cyder, &c. are prepared.

Sect. I. *Preventive Diet.*

This ought certainly to be adapted to the conſtitution and habits of life.

Perſons who labour hard, will require large ſupplies of food, to compenſate for the conſtant diſſipation and waſte of the ſolid and fluid parts of the body; whilſt the indolent, and ſuch perſons as are full and groſs, ſhould be much more ſparing. The quantity taken at each meal ought to be regulated by our feelings; taking care always to deſiſt from eating before there is any ſenſe of oppreſſion: becauſe that diſagreeable ſenſation will undoubtedly increaſe ſoon after the diſſolution of the aliment; when from the heat of the ſtomach, the air contained in the food recovers its elaſticity, and increaſes the bulk of the whole contents, during the digeſtive fermentation.

Gluttony

Gluttony is ſo ſordid and ungentlemanly a vice, that it would be a groſs affront to ſuppoſe any man above the degree of a porter to be capable of it: and yet I ſuſpect, that there are few perſons in tolerable health, who do not more or leſs exceed at dinner. One reaſon of this is, the faſhionable irregularity of our meals; the interval between breakfaſt and dinner being ſo great, that we are induced, by a keen appetite, to ſwallow the firſt part of the meal without its being duly maſticated and blended with the ſaliva in the mouth; a circumſtance which adds greatly to the labour of the ſtomach in the work of digeſtion.

Another circumſtance which induces us to exceed in quantity, is variety of diſhes; and as people of fortune are frequently epicures in ſome degree, they can rarely reſiſt the temptation of taſting moſt of the diſhes at table; ſuch eſpecially as are rendered palatable by high ſauces; and thereby inſenſibly exceed a due mean.

To avoid this temptation to exceſs, therefore, it were better if we were contented with one diſh of meat, plainly dreſſed,

" and

" and threw our fevers and gouts to the " poor."

It has been a queſtion much agitated, whether ſupper is or is not a wholſome meal: but its being ſo depends upon circumſtances. The laborious ploughman indulges, with impunity, in a plentiful ſupper; but perſons of fortune, unleſs they uſe more exerciſe than they generally do, experience inconvenience from a heavy ſupper. This inconvenience does not proceed from ſupper being leſs wholſome than dinner; but becauſe none but the laborious can bear two full meals of animal food in one day.

Celſus and *Pliny* tell us, that the antient Romans made a very ſlight repaſt at dinner, and ate a full but early meal at ſupper; and as perſons of faſhion in almoſt every nation but ours dine early, ſupper is to them an inoffenſive meal.

The truth is, we do not divide our meals properly; and imperfect and oppreſſive digeſtion is a neceſſary conſequence.

Quality of our Foods.

Perſons frequently aſk their Phyſician whether this or that ſpecies of food is or is not

not wholſome. The only anſwer that can be made to the queſtion is, that of the articles which are uſually employed as foods, none can be deemed abſolutely unwholſome; though, from peculiarity of conſtitution, depending chiefly on the ſtate of the nerves of the ſtomach, certain foods agree better with ſome perſons than others; and though it may, in general, be aſſerted, that we are injured more by exceſs in the quantity, than the depraved quality of our foods; yet every perſon whoſe ſtomach has been repeatedly diſtreſſed by particular foods ought certainly to avoid them.

As animal food nouriſhes more than vegetable, perſons who are full of blood, or of a groſs habit, ought to uſe a larger proportion of vegetables; and thereby prevent fevers and other diſeaſes conſequent of this ſtate of the body. The choice of foods of either kind is of very little conſequence, provided they ſit eaſily on the ſtomach; for that is the criterion by which both quantity and quality are to be regulated: ſedentary and ſtudious perſons ought to be ſparing in the uſe of animal foods, and avoid ſuch vegetables

ables as are very flatulent: turnips are perhaps preferable on this account; and as the ſedentary approach nearly to the ſtate of invalids; what I remark hereafter on that head merits their attention.

Drinks.

It will not, I think, admit of a doubt, that water is the only drink neceſſary for a perſon in firm health, eſpecially in the earlier periods of life; and that fermented and ſpirituous liquors, of which luxury has introduced a great variety, ought to be appropriated ſolely to the comfort of invalids, and the invigoration of old age. It may here be proper to obſerve, that all drink beyond the gratification of thirſt is ſuperfluous and improper; and as thirſt is moſt urgent, when the body is heated; ſo care ſhould be taken that cold drinks, eſpecially water, be uſed with great caution, when the body is in that ſtate; as the moſt dangerous conſequences may enſue.

To the credit of the preſent age, hard drinking is rarely practiſed by perſons of liberal education; and therefore it would be unneceſſary

unneceſſary to caution my readers againſt ſo injurious a practice; or to point out the deſtructive conſequences of it. Dram-drinking is a ſordid and fatal habit.

It may be expected that I ſhould take ſome notice of the qualities and effects of fermented and ſpirituous liquors.

Malt liquors, if ſtrong and new, and our made wines, in general, contain more ſugar and other nutritive particles (for all vegetables, ſuſceptible of fermentation, contain a ſaccharine juice) than cyder, perry, and foreign wines, ſome ſweet wines excepted; and are therefore more oppreſſive to the ſtomach, and leſs exhilarating. In opulent families, it is the cuſtom to drink ſtale and hard ſmall beer, which ſometimes produces dangerous colicks; and a very near and dear relation of mine was deſtroyed by it: porter is the moſt wholſome of all our fermented drinks.

Wines are of various kinds, ſweet and auſtere, ſtrong and weak. Some years ago it was a faſhion for medical men to reprobate all our made wines, but unjuſtly; for, if well fermented, they are not leſs healthful than

than the foreign, perhaps more ſo; as the latter have often a large proportion of brandy, and other more noxious ingredients. Such perſons as are in the daily habit of uſing wine, muſt regulate their choice by its effects on the ſtomach and head.

It is a ſingular circumſtance, that rum, brandy, gin, and arrack, though they are the products of fermentation, powerfully reſiſt it in the ſtomach; and therefore when diluted by water, in the proportion of ten or twelve of the latter to one of the former, will be preferable to fermented liquors, for ſuch invalids as have acidities in the ſtomach. If ſpirituous liquors are not of a good age, they are very injurious.

Though the intoxicating quality of all fermented liquors depends chiefly on the proportion of ſpirit they contain; yet diſtilled ſpirits, from their more immediate and more powerful action on the nerves of the ſtomach, and through them on the heart and brain, are much more injurious when uſed to exceſs.

It has been a queſtion whether rum or brandy are moſt wholſome; ſome preferring one and ſome the other, and each appealing to experiments:

experiments: but the diſpute is futile; for the difference cannot be eſſential, if the diſtillation has been properly conducted, and the liquors are of a proper age.

Modern luxury having ranſacked every quarter of the globe for its gratification; among other articles, *tea* and *coffee* are now in general uſe: the former even amongſt the lower ranks of the community. Much has been ſaid of the injurious effects of *tea* eſpecially. I am, from long and attentive obſervation, inclined to believe, that the opulent are leaſt injured by the uſe of either, whilſt tea (independent of its expence) is much more injurious to the poor. The reaſon ſeems to be, that, as the chief part of the food of the laborious and indigent is vegetable, which affords a much ſmaller proportion of nouriſhment than animal food, and is much leſs permanent and invigorating, eſpecially to the ſtomach; ſo tea has, from its nature, a peculiar power, by its action on the nerves of the ſtomach, to enfeeble, not only that organ, but the whole body: hence we find that tremor and other nervous ſymptoms are often brought on by an intemperate

uſe

uſe of tea and coffee: this effect may be in ſome degree obviated, if not entirely prevented, by adding a conſiderable proportion of ſugar and cream, which, being more oily, is preferable to milk: this obſervation relates only to perſons in vigorous health, and not to ſedentary people, who in ſome meaſure may be ranked with invalids: but on the contrary, thoſe perſons who indulge in a plentiful uſe of animal food and ſtrong drink, are ſo far from being incommoded either by coffee or tea, that they often qualify and are qualified by theſe beverages; in ſo much as they partly counteract the ſtimulating effects of the foods and drinks. If however, as I remarked before, theſe or any other articles of food diſagree, they ought to be given up.

I ſhall take notice of ſome other articles of food under another head; and ſhall conclude with reminding the reader, that theſe remarks refer only to perſons in good health: and notwithſtanding an obſervation of an eminent ancient phyſician, that even a little exceſs may now and then be warrantable,* I think it would be more prudent to purſue

* Sanus homo nullis debet obligare ſe legibus. CELSUS.

a plan

a plan of regular temperance than hazard the conſequences of occaſional exceſs, which, independent of immediate effects, often degenerates into habit.

Sect. II. *Diet of Invalids.*

There are many perſons who may be ſaid to be neither ſick nor well; owing either to delicacy of conſtitution, or the effects of former diſeaſes; and are therefore under a neceſſity of attending to regimen. It is peculiarly incumbent on ſuch invalids to divide their meals, and eat frequently, but in ſmall quantities; and of ſolid rather than liquid foods, unleſs they are exceedingly weak; when ſmall quantities of thin chocolate, tapioca, or broths, may be taken every two or three hours: tea and coffee ought to be avoided, or ſparingly uſed, with a conſiderable quantity of cream, and with bread and butter.

I have already hinted that fermentation may have ſome ſhare in the proceſs of digeſtion; at leaſt there is great reaſon to believe that it takes place when digeſtion is imperfect. Thus many perſons throw up the contents

contents of the ſtomach as ſour as verjuice, which is probably owing to the fermentation being carried too far, partly from the proportion of vegetable food being too great, and partly from a defect in the humours, which prevents them from checking this fermentation; which being continued in the inteſtines, and not corrected by the bile, which is too ſparing and weak, the chyle muſt be depraved and unfit for wholſome nouriſhment. Another fault of digeſtion happens, when the contents of the ſtomach are converted into a glairy ſlimey maſs, owing to the uſe of ſlippery gelatinous inſipid foods, whether animal or vegetable; which, from the weakneſs of the ſtomach and its humours, cannot be duly concocted. Here there ſeems to be a defect of fermentation; though even in this caſe the contents of the ſtomach ſometimes become ſour. A third fault of digeſtion is attributed to a putrefactive fermentation carried too far; for ſome phyſicians have been of opinion, that in healthy digeſtion, it does take place in ſome degree. This ſpecies of fermentation may be owing to too much animal food, or the

the uſe of putrid meat, or to ſome putrid leaven in the ſtomach and bowels; and is diametrically oppoſite to the two former.

The late very eminent Sir Edward Barry found, that by feeding a ſtrong man with game for ſome time, without any vegetable food, he brought on a putridity of the humours of the ſtomach; which, if farther continued, might have generated a putrid fever. This is ſo far from being an objection to the uſe of ſuch foods in the ſtate of the ſtomach I allude to, that it is the ſtrongeſt recommendation; for, as I have already obſerved, there are two extremes of depraved digeſtion, the aceſcent and putrefactive; ſo as the former takes place in almoſt all invalids, foods with a putreſcent tendency have the ſame diſpoſition to correct that acid, as acids have in correcting the humours in a putrid fever. Our neighbours the French eat their animal foods ſo near to a putrid ſtate as to have the *fumet*; but the putreſcent tendency is corrected by their vegetables and ſmall ſubacid wines; and by this judicious mixture they are leſs ſubject to chronic diſeaſes, all of

which originate from, or are connected with, depraved digeſtion.

Invalids, who have four ſtomachs, ought therefore to uſe a greater proportion of animal, and very little vegetable food; the older animals, as beef and mutton, rather than the younger, as veal, lamb, and chicken, or ſome kinds of fiſh: game of all kinds is preferable, eſpecially if kept as long as the meat is ſweet; and notwithſtanding the opinion of a learned phyſician,* all theſe foods ought to be rather roaſted than boiled, and thoroughly done, as the fire certainly divides the mucilaginous particles which form a part of all animals; but abound very much in the younger. Hence it is that the meat of younger animals often diſagrees with invalids; and hence the impropriety of feeding the ſick and weak with jellies, which are often ſo indigeſtible even by perſons in health, as to diſagree exceedingly: of which Dr. STACK, an ingenious and able phyſician

* Dr. *Cadogan*, in his Eſſay on Regimen in chronic diſeaſes.

It is with diffidence and regret I oppoſe my opinions to thoſe of this learned Phyſician; but how well ſoever his pamphlet may have been received by *unmedical* readers; it is, I believe, generally the opinion of his brethren, that no publication of this kind contains more falſe facts and erroneous opinions.

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of this place, communicated to me a very remarkable inſtance. Beef or mutton-tea are much preferable as articles of nouriſhment for weak invalids.

From what has been ſaid, it is manifeſt why the foods I have recommended are preferable ſo long as the ſtomach remains weak; for in health all foods which agree are indifferent.

I muſt therefore diſſent from the doctor's opinion with reſpect to the preference he gives to inſipid and half-raw meats; and his peremptory diſapprobation of ſalted meats and pickles. When the ſtomach is in a vigorous ſtate, neither of theſe are neceſſary; but in a relaxed languid ſtate of the ſtomach, when the natural warmth is deficient, and the remains of the preceding meal give a mucilaginous or aceſcent tendency to the next, I cannot conceive why the doctor ſhould object ſo ſtrenuouſly to the uſe of a ſmall proportion of ham, tongue, &c.; for I have, from repeated experience, found them to digeſt with the utmoſt eaſe, and reſtore the appetite of invalids, who either were not able to retain the inſipid foods on

the ſtomach; or, if they did, found them, even in the ſmalleſt quantities, exceedingly diſguſting and oppreſſive. Many invalids can make a very good meal on cold meats, eſpecially when moderately ſalted, but cannot bear the ſmell of warm meats at dinner; which is often ſo very offenſive as totally to deſtroy all appetite, eſpecially when they have faſted for many hours. Such perſons, under an apprehenſion that they ſhall ſpoil their dinner, are unwilling to take any kind of food in the interval between breakfaſt and dinner; whereas long faſting is very injurious; and if they do not make a tolerable dinner, the body is not ſufficiently nouriſhed; if they do, oppreſſion and indigeſtion are the conſequences.

There does not appear to be any better ground for the doctor's objection againſt pickles or ſpiceries, than againſt bitter, aromatic, and cordial medicines, given with an expreſs intention to reſtore the tone of the ſtomach and bowels. The ſmall proportion of vinegar which ſome pickles contain, is amply counteracted by the putreſcent tendency of animal food. The aromatic ſpices,

which

which form a part of ſauces, are perhaps not ſo eligible as the cayenne pepper; which, as it contains very little of the eſſential oil, and that very pungent and diffuſible, is leſs permanently heating than the aromatic; and indeed I have, in manifold inſtances, experienced very good effects from it, not only as a ſauce, but as a medicine, in weakneſſes of the ſtomach and bowels, and in all chronic diſeaſes connected with it. Horſe-radiſh, muſtard, onions, garlick, &c. belong to the claſs of pickles; and though they may, in high and robuſt health, be deemed unneceſſary, and certainly are ſo; yet, in a languid ſtate of the ſtomach, they coincide in efficacy with thoſe remedies which are uſually preſcribed in ſuch caſes. The truth is, that the doctor, an eleve of the Boerhaavian ſchool, retains the exploded idea of acrimony of the humours being the ſource of manifold diſeaſes; whereas it is, in general, ſolely an effect of weakneſs of the digeſtive and ſecretory organs, and is therefore only to be prevented or ſubdued by reſtoring them to a ſtate of vigour; in which caſe the generation of acrimony is checked, whatever

ever may be the nature of the foods taken into the ſtomach.

Many invalids are inclined to give a preference to eggs and brawn, on the ſuppoſition that they are very digeſtible foods. I am of opinion, that neither are ſo. The yolk of the egg ſeems to aſſiſt the ſolution of the white, which is an animal jelly; and from the ſenſe of fulneſs, which a ſmall proportion of this food produces, it is probably highly nutritive; but there are few invalids who do not ſuffer oppreſſion and colic from the uſe of eggs; where however no ſuch effect is experienced, there can be no objection to them, eſpecially when employed in pies and paſtry; which are certainly rendered more digeſtible by eggs and butter in a moderate proportion. With reſpect to brawn, the greateſt part of it is a concreted jelly, but it is rendered ſomewhat more ſoluble by the powers of the ſtomach, by the great tenderneſs of the fleſhy part.

There is a much greater objection to the uſe of tea, *eſpecially green*, in ſuch caſes; not only from its peculiar debilitating impreſſion on the nerves of the ſtomach, ſpeedily extended

extended to the nervous ſyſtem in general; but becauſe its effects are more powerful when it is drank without cream, which qualifies the aceſcency of the ſugar. The Japaneſe, from an intemperate uſe of *green tea*,† are ſubject to conſumption and diabetes; the Chineſe rarely drink it. Confectionary of all kinds increaſes the aceſcency in the ſtomachs of invalids.

Leavened Bread (without the ſuppoſition of its being adulterated with alum) is improper, as it promotes the acid fermentation; and therefore *biſcuit* is on the whole preferable to common bread, eſpecially if the latter be newly baked. Brown bread is more digeſtible than white.

Butter has been deemed a very improper article of food for invalids; but I believe without juſt cauſe. To thoſe perſons whoſe chief food is of the vegetable kind, it is a very inoffenſive, and indeed uſeful addition, as it is in all caſes where an acid abounds;

† Dr. *Falconer* has treated pretty much at large, of the injurious effects of Tea, in his work on the Influence of Climate, &c. a work of great erudition, and ſingular merit. He has, I am told, publiſhed a little treatiſe on regimen during the uſe of the Bath waters, but I have not ſeen it.

for

for we know from experiments, that it is a powerful reſiſter of fermentation: The idea of its becoming rancid in the ſtomach is hypothetical; for the animal heat is not ſufficient to effect this change on good butter, during the time of digeſtion; and indeed ſuch a tendency is counteracted by the predominant acid. We know that it is a neceſſary ſauce for fiſh of every kind; and not only makes it ſit more eaſily on the ſtomach, but ſeems to promote the digeſtion: It mitigates, in ſome meaſure, the weakening impreſſion of tea and coffee on the nerves of the ſtomach; and when mixed in a very ſmall proportion with flour not fermented, it makes it more criſp, by dividing the glutinous particles of the flour, as it does thoſe of fiſh, and thereby renders them more ſoluble and miſcible with the digeſtive humours, than they otherwiſe would be: and as in weak ſtomachs, there is generally an accumulation of mucus, or what is vulgarly called phlegm, and which is nothing more than too abundant a diſcharge from the glands of the ſtomach, owing to their weakneſs and relaxation; ſo the oily parts

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of our animal food, or butter, which is an animal oil, diſpoſe it to mix more readily with the other contents of the ſtomach. We know from experiments, that pure oil is not ſuſceptible of rancidity, but that this quality is owing to the mucus which abounds more or leſs in butter and in all oils.

Butter or oil will, however, relax the ſtomach, if taken to exceſs; but not more than jellies or *ſodden tripe:* and though, if the bile or other humours were highly putrid, it might be alledged that butter would increaſe their acrimony, which remains to be proved; yet ſuch an aſſertion would be nothing to the purpoſe, as the ſtate of the humours is in the preſent caſe diametrically oppoſite to a putrid tendency.

Doctor CADOGAN's objection to roaſted meats, on account of their juices being rendered rancid by the fire, is only, if at all, applicable to their ſurface, when ſcorched by the negligence of the cook; and with reſpect to the butter with which it is baſted, the change produced by it cannot be deemed rancid, but rather an exaltation of its animal nature, ſimilar to the pungency of healthy

healthy bile; and therefore, inſtead of being injurious to invalids, it has a manifeſt tendency to correct the aceſcent fermentation, and diſſolve the abundant mucus; and thereby contribute to a more perfect digeſtion.

That ſuch foods are not ſo injurious as the Doctor alledges, is evident from ſavage nations ſubſiſting in health and vigour under the uſe of the moſt rancid oils, and putreſcent animal foods. The truth is, that the human ſtomach in health, has a ſurpriſing power of aſſimilating foods of different qualities, and of converting into ſalutary nouriſhment many articles, which the cloſet phyſiologiſt would, from a preconceived theory, deem to be very injurious.

Though cream and butter are not, in a moderate quantity, improper for invalids; yet new cheeſe is peculiarly ſo; and, on account of its glutinous curd, very difficult of digeſtion. Old cheeſe is not, however, exceptionable; it having undergone a ſpecies of fermentation, by which the glutinous part is rendered ſoluble by the humours of the ſtomach.

Before

Before I proceed, I would obſerve by the bye that the regulation of the diet of children, eſpecially the puny, is, I think, founded in error.

Animal food and butter are deemed very noxious to children; whereas I have had the pleaſure of reſtoring many of thoſe young patients, by directing a moderate uſe of beef and mutton, rather roaſted than boiled, as a neceſſary corrector of the predominant acid and ſlime generated by vegetable food; and which not only promote the generation of worms, but the production of rickets and ſcrophula: and if we conſider that, from our ſtructure, we are certainly deſtined to uſe a mixture of animal and vegetable foods, I cannot ſee any objection to animal food being a part of the food of children, as ſoon as they are removed from the breaſt; the idea of its breeding groſs humours being grounded on a falſe theory.

The ſame remark is applicable to a moderate uſe of butter.

Fruits.

I omitted, in the preceding ſection, to obſerve, that the ſweet and ſubacid fruits may not

not be improper, as a deſert at the tables of the wealthy, provided the ſtomach has not been previouſly overcharged; and that many perſons in health uſe the different kinds of nuts without oppreſſion. But with reſpect to invalids, if fruits do not diſagree with them, by producing acidity, they would be more proper before, than immediately after dinner; and may alſo make a part of a ſlight ſupper: but nuts of all kinds, as being difficult of digeſtion, muſt be injurious.

Strong Drinks.

I have already expreſſed my diſapprobation of the uſe of ſtrong drinks in perſons of firm health, as unneceſſary; and I have known ſome invalids who have required no other drink but water.

I would here remark by the bye, that Dr. FALCONER has found that in ſlow and irregular fevers, ſuch as we often find connected with chronic diſeaſes, large draughts of cold water drank immediately from the pump have an excellent effect in ſuppreſſing the feveriſh heat, and conſequently in checking the fever; and in one caſe, I have ſeen good effects

effects from it, and ſhall take every opportunity of repeating the experiment. His treatiſe on the common pump waters at Bath ought to be read, not only by the reſident inhabitants, but by ſtrangers.

Wines and beers are in general apt to become ſour in weak ſtomachs; and therefore, if a gentle cordial of this kind ſeems to be wanted, eſpecially by perſons who have been habituated to it, I have found good madeira, porter, or rum or brandy with water, preferable to any other ſtrong drinks.

SECT. III. *Diet accommodated to the cure of inveterate Diſeaſes.*

The diſeaſes which generally come under this deſcription are, gout, ſcrophula, aſthma, conſumptive tendency, obſtinate obſtructions of the liver and other viſcera, and certain inveterate diſeaſes of the ſkin.

Accidental diſeaſes require only a temporary obſervance of ſuitable regimen; for the cauſes of diſeaſe being removed, the conſtitution, by its innate powers, reſtores the weakened organs to their former vigour. But when a diſeaſe, either from being here-

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ditary, or by its inveteracy, has become as it were a part of the conſtitution, nothing but a ſteady and unremitting attention to regimen, eſpecially of diet, can poſſibly eradicate the evil; medicine alone being ineffectual.

It is certain that a total change of diet has done much in alleviating or totally ſuſpending inveterate diſeaſes; eſpecially if hereditary. I have known ſeveral inſtances of a ſtrong conſumptive tendency, eſpecially when accompanied with ſpitting of blood, being ſuſpended by a total abſtinence from animal food and ſtrong drink; and the reaſon why this expedient does not ſucceed more frequently, is, that it is adopted too late; that is, when the lungs are irreparably diſeaſed.

The gout, notwithſtanding the many infallible noſtrums which are advertiſed and recommended, has not, I believe, yielded, when inveterate, to any means but an entire change of diet; and in confirmation of this opinion, my gouty readers may be amuſed, perhaps informed, by the following caſes.

Near twenty years ago, on viſiting a patient of mine, a ruddy, and apparently robuſt

buſt old man dined with him. I remarked that he ate nothing but pudding, and drank water. Curioſity led me to enquire into his motives for adopting this regimen. He told me, that when he was a young man, he drank hard, and being very quarrelſome in his cups, he came to a reſolution of abſtaining from ſtrong drink; and being ſubject to ſevere attacks of gout, he ſome years after determined to compleat his regimen, and refrain from animal food. From that time he had been entirely free from gout, and was then 70, in perfect health. I told him that having been fifteen years free from gout, and now at an advanced age, I believed that he could not be eſſentially injured by a gradual return to the uſe of animal food and ſtrong drink. He made the experiment, and as he reſided in a neighbouring county, I had no opportunity of ſeeing him afterwards; but he deſired a friend of his to inform me, that he had not changed his regimen above ſix weeks, before he had a ſlight fit of gout. As I left that county a ſhort time after, I did not learn whether he had any more fits of gout, or had again changed his plan in favour of meagre diet.

An attorney at law, one of the moſt bulky men I ever ſaw, had, by intemperance, incurred gout to ſuch a degree, as to be confined for ſeveral months every year, and was almoſt a cripple. The gentleman whom I ſucceeded at Guilford, now an eminent phyſician in London,* being conſulted by him, he adviſed him to enter upon a milk and vegetable diet: This plan ſucceeded ſo far, that he not only loſt his gout, but recovered the uſe of his limbs; and when I ſaw him, had loſt a conſiderable part of his unwieldy corpulency, and was very active.

A man of the profeſſion who drank very hard, was induced, by the ſeverity of the gout, to adopt the ſame regimen. The change produced the ſame happy effects; but being a violent partizan for a candidate at a county election, he relapſed into his former intemperance; the gout returned, and at length degenerated into an incurable palſy of one ſide.

It may be inferred, from the extraordinary effects of regimen in theſe caſes, that the gout is certainly to be eradicated by an ab-

* Dr. *Reynolds.*

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ſtemious diet; and that every gouty perſon, who will ſacrifice the gratification of his palate to the more important conſideration of his eaſe and health, may certainly annihilate the diſeaſe; but I know, from experience, that ſuch a general inference would be very erroneous. The truth is, that ſeveral circumſtances muſt concur to render an adoption of the plan ſucceſsful, or even ſafe. There muſt be a certain vigour of the conſtitution to enable a perſon to ſupport ſuch a change; and this change muſt be attempted before the gout has become irregular, and the joints conſiderably diſeaſed.

When Dr. CADOGAN's pamphlet was generally read, and his plan indiſcriminately adopted, without a due attention to circumſtances, ſeveral caſes occurred to me, wherein it certainly was injurious. Some old gouty patients, in a ſtate of decrepitude, and who had lived freely, having ſuddenly given up their liberal diet for a ſparing one, either ſunk under it, from an inability to ſupport the violent tranſition; or were ſoon obliged to return to their uſual habits of life, after an alarming conviction of the danger they

had incurred; and as the idea of a gouty diſpoſition became *faſhionable*, ſeveral perſons, who had always been temperate, entered very precipitately into the new plan, with an intention to anticipate a poſſibility of their being gouty, or otherwiſe diſeaſed; and thereby reduced themſelves to a dangerous ſtate of weakneſs.

The Doctor erred, chiefly, in not pointing out, with preciſion, the circumſtances under which ſuch a plan was ſafe and practicable; and he farther erred, by requiring a violent and ſudden departure from inveterate habits of life: for though his regimen did not require a total abſtinence from animal food, yet the tranſition was unſafe, becauſe too precipitate.

I am however convinced, that, unleſs the conſtitution is totally worn out, there are few caſes of inveterate gout, which may not be greatly mitigated, if not abſolutely cured, by a very gradual change of diet, until it is compleatly effected: and, under this precaution, there are few curable chronic diſeaſes, in which it will not be uſeful, though, I believe, nothing ſhort of a total abſtinence

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from animal food and ſtrong drink will effectually anſwer the purpoſe; and ſo far Dr. CADOGAN's plan certainly falls ſhort of the purpoſe.

Some perſons, encouraged by the Doctor's opinion that an invalid ought rather to drink his quantum of ſtrong drink at one ſitting, than a divided portion of it every day, have made the experiment; but with little, if any ſucceſs; and indeed the principle on which the injunction was grounded is erroneous.

In one caſe of inveterate aſthma, and a ſingle caſe of enlarged liver, where the other bowels were ſuppoſed to be much diſeaſed, the diet I have recommended, not only prolonged life beyond what might have been expected, but rendered it much more comfortable: and I am convinced, that in ſuch deplorable caſes, ſuch a diet is the dernier reſort, when all medicines fail. But few will be found, who have reſolution ſufficient to perſevere.

Milk, which conſtitutes the chief part of food on this reduced plan, rarely ſits eaſily upon the ſtomach at firſt; but ſmall doſes of magneſia, colombo, and ipecacoana, will at

length effect the purpoſe of rendering it digeſtible.

Whey and butter-milk are, I believe, in many inſtances, preferable to milk, as an article of diet upon this plan: I knew one patient on the continent of America, who was cured of a moſt inveterate leproſy by ſuch a diet; and I have been informed of an inſtance of ſcrophula being cured by a courſe of whey.

It is not, perhaps, eaſy to determine, how ſuch a regimen contributes to eradicate obſtinate diſeaſes; but it is moſt probable, that the beneficial change made, is rather on the ſecreting organs, than the humours they ſecrete; and I am inclined to believe, that the idea of diſeaſes being generally produced by ſome fault in the blood or humours, is the reſult of falſe theory, and has been productive of erroneous and frivolous practice.

To conclude: as we ſwallow our foods by pounds, and our medicines by ſcruples and grains, a due attention to diet will often do more than medicine itſelf; and if perſons who find themſelves indiſpoſed by exceſs, would practiſe a pretty rigid abſtinence for a day

a day or two, many diſeaſes might be prevented, or checked at their commencement; and hence, the vulgar proverbial maxim, that we ought to nurſe a cold, and ſtarve a fever, is often a dangerous one: For though fevers of a certain kind require a low and abſtemious diet, there are many circumſtances which occur in particular fevers, which require a different plan of management; whereas, in recent colds, abſtemious regimen is always the ſafeſt mode of treatment; and by this means fevers, and eſpecially conſumptions, the baneful diſeaſe of this climate, would much leſs frequently be the conſequence.

CHAP. II.

Choice *of* Habitation, *or* occasional Residence.

THE great Hippocrates, and every phyſician ſince his time, have conſidered choice of habitation as a very eſſential circumſtance toward the prevention or cure of diſeaſes.

If a man of fortune intended to build a manſion, it would be prudent to conſult a phyſician concerning its air, ſoil, aſpect, and the water he muſt uſe. But it would be foreign to my purpoſe to enter on the ſubject of ſcite on ſo extenſive a plan; as I intend only to offer a few hints to invalids.

A houſe ſituated on a gentle declivity, in a gravelly ſoil, with a ſouthern aſpect, ſheltered from the north and eaſt winds, and in the neighbourhood of the ſea, would be the moſt eligible. The apartments ought to be ſpacious and lofty, eſpecially the bed-chambers; and the caſements ſo conſtructed as to permit the upper ſaſhes to be lowered to ſuch a degree, ſo as to promote a conſtant ventilation: ſtoves, for reaſons already aſſigned, are preferable to open grates.

The water employed for drinking, and the uſe of the kitchen, ought to be clear, without ſmell or taſte, and ſuch as readily breaks ſoap.

Thick woods, or ſtagnant waters, whether ponds or marſhes, are generally deemed unwholſome when near a manſion; and the adjoining roads ought to be ſafe and commodious for the purpoſe of exerciſe.

As this climate is, perhaps, the moſt unſteady of any in Europe, it would be proper that wealthy invalids, the conſumptive eſpecially, ſhould retire to a ſouthern part of the continent, as Nice, Naples, or Liſbon, or to the iſland of Madeira, and there reſide from the month of September or October to the middle of May, accompanied by a ſkilful, humane, and chearful Engliſh phyſician, whoſe advice ought to be ſolely relied on, and implicitly complied with: for it is moſt certain, that the phyſicians on the continent are a century behind us in medical knowledge; thoſe of France, Italy, and Portugal, eſpecially.

The journey and the diverſity of objects, may contribute to amuſe the mind; for with reſpect to the accommodation of invalids, no country I have viſited is in any reſpect to be compared with this.

But as many invalids are unable to incur the expence of ſuch excurſions, there is no other alternative, if their circumſtances will permit, than to change their reſidence in this country according to the changes of ſeaſon, which muſt be left to the judgment of their phyſician.

CHAP. III.

Cloathing.

AS nature has provided all other animals with various defences of hair, wool, feathers, or ſcales, by which they may reſiſt the noxious impreſſions of different elements; ſo inſtinct has dictated to man, even in his ſavage ſtate, the neceſſity of covering, in proportion to the inclemency of countries and ſeaſons.

In civilized ſocieties, the improvement of arts, the facility with which men are ſupplied with the conveniences and luxuries of life, and the gratification which theſe afford, have diſpoſed mankind to be perhaps too ſolicitous about guarding againſt the inclemency of ſeaſons; and hence it is, that our bodies being rendered more tender and delicate, and our feelings more acute, we find, that in proportion to the increaſe of luxury, we become leſs hardy; as being more obnoxious to the influence and impreſſion of manifold cauſes of diſeaſes.

As

As a phyſician cannot, any more than a legiſlator, always effect a proper change in the national manners and morals, it is incumbent on both to eſtabliſh ſuch regulations as the habits of the people will admit of.

It is very much to be regretted, that luxury has in ſome degree extended its influence to all ranks of the community; by which the bodies of the moſt uſeful members of it, the middling and lower ranks, are more enervated than thoſe of their anceſtors.

With reſpect to perſons of hale conſtitutions, and in high health, very warm cloathing in the day, or covering at night, would be very improper; and under this head we may bring, very properly, the ſize and warmth of our apartments, eſpecially our bed-chambers; upon which I have already made ſome remarks in a former chapter.

The grand rule is, ſo to regulate our cloathing and covering, that, when we expoſe ourſelves to the external air, the difference of the temperature of the air in both ſituations ſhall be ſuch, that we ſhall not be ſuſceptible of dangerous impreſſions under

under any inclemency of ſeaſon when we go abroad.

Perſons in firm health ought therefore ſo to regulate the temperature within doors, as that it ſhall not exceed 56 degrees of the thermometer in the winter, ſpring, and autumn; and in the ſummer, bring it as near to that as poſſible, by admitting freſh air.

But the chief intention of this eſſay is, to offer hints to the delicate and invalid part of my readers.

Were it happily in our option to attain all the requiſites for forming a firm conſtitution, no man of common ſenſe would ſpare any pains to acquire them: but this is not always in our power. A weakneſs of conſtitution is often hereditary; or it may reſult from diſeaſes, either unavoidable, or the effects of negligence or inattention.

Under ſuch circumſtances, we muſt be content to accommodate ourſelves to our ſituation, and prudently avoid all ſuch extremes as may impair health.

With reſpect to clothing, ſuch addition ought to be made to it, in cold and damp weather,

weather, as to protect the body againſt the ſudden and ſevere impreſſions of either.—That great philoſopher and good man, Mr. *Boyle*, had cloaks accommodated to different ſeaſons and changes of weather; and invalids ought rather to exceed than be deficient in the warmth of their clothing, thoſe eſpecially who are ſubject to catarrhal coughs, thoſe whoſe nerves are weak and irritable, and thoſe who are gouty and rheumatic.

Such perſons ought in the beginning of September to wear a flannel waiſtcoat over the ſhirt or ſhift, and towards the end of October, next the body; taking care to defend the lower limbs by flannel petticoats, or woollen drawers, and ſtockings.

Such perſons as wear flannel next the body are apprehenſive of changing this part of their clothing, leſt they catch cold, and therefore continue to wear the ſame garment through the winter; and as the warm weather comes on cut it away by degrees. But this precaution is not only unneceſſary, but to perſons of delicacy muſt be offenſive, and indeed injurious; as thereby a part of the perſpiration, accumulated for months, is retained

tained in conſtant contact with the ſurface of the body.

I can however aver, from long perſonal experience, that the under waiſtcoat may be ſafely changed once or twice a week; and as the weather becomes more mild, it may be worn over the linen, and at length totally left off till the ſubſequent autumn.

I hope my fair readers, if any ſuch there be, will pardon me for animadverting on an article of their clothing, which I have long conſidered as extremely prejudicial, eſpecially to the younger part of the ſex: I mean the *ſtays*. For though the prevailing *faſhion* has allowed them a little more latitude than formerly, this part of their dreſs is ſtill too ſtrait and tight, eſpecially for invalids; many of whoſe complaints are probably produced, but all exaſperated by this coat (not of mail, but) of whalebone. However, as from cuſtom they require ſome ſupport to their cheſt, I would recommend ſtiffened jackets, or the old boddice, in lieu of ſtays; and in cold weather, they may be lined with thick flannel.

The feet ought to be well defended with thick ſhoes. As cleanlineſs contributes much

much to health, invalids ought to bathe their feet and legs once a week in warm water; and when it can be conveniently done, uſe a moderately warm bath once a month.

As the due preparation of our foods depends very much on their being thoroughly chewed, much care ought to be taken in preſerving the teeth, and keeping them clean.

With reſpect to covering whilſt in bed, much will depend on habit. The head ought to be peculiarly well covered whilſt we are in bed, becauſe colds and rheums are thereby prevented; and it is remarked, that as foreigners are more attentive to this circumſtance than we are, they are leſs ſubject to coughs, and their teeth are in general more ſound.

People in health ought never to have their beds warmed; not only becauſe the fumes of the coals are in ſome degree noxious; but becauſe warmth thus applied enervates the body. To avoid the diſagreeable impreſſion of a cold bed, Dr. FRANKLIN judiciouſly recommends a cold air bath, by ſtanding naked in the cold for a minute or two before we go into bed; and I will add, that a ſimilar

expoſure

expoſure in a morning, whilſt the whole body is well rubbed by the fleſh-bruſh, would be of great uſe.

But ſuch expedients ought to be very cautiouſly adopted by invalids.

With reſpect to them, airing the ſheets every night before the fire, ſo as to evaporate the perſpiration they may have abſorbed the preceding night, may be of uſe; and is a ſalutary ſubſtitute for bed-warming.

Though a very eminent phyſician ſeems to conſider damp rooms and cloaths as ſeldom or ever productive of any bad effects; yet, the many inſtances of dangerous and fatal conſequences from damp linen and ſheets, to the moſt healthy, ought to make invalids, eſpecially, very careful in thoſe points.

With reſpect to the quantity of bed-cloaths, it ought to be ſuch as may, in a reaſonable time after we are in bed, promote an equal but inſenſible perſpiration; and if on awaking, at any time in the night, we find ourſelves ſo much heated as to be obliged to throw a part of them off, we may be aſſured that the quantity is too great: it will be right to cover the legs more warmly than the

the upper parts of the body, as the circulation in the extremities is more languid, and the warmth of thoſe parts neceſſarily leſs: and as invalids rarely fall aſleep until there is a gentle perſpiration on the extremities, it will be right to procure that as ſoon as poſſible.

I need not repeat what I have already ſaid on the benefits which muſt accrue from ſleeping in a large and well-aired chamber. When there is a conſtant circulation of freſh air, we are much leſs incommoded by heavy bed-cloaths.

CHAP. IV.

Exercise.

MAN was deſtined to labour, and the major part of every community is reduced to the neceſſity of procuring thereby daily ſubſiſtence.

Exerciſe, in a moderate degree, promotes the circulation of the blood, renders the limbs

limbs pliant and vigorous, gives firmneſs and elaſticity to the muſcular fibres, promotes digeſtion in all its ſtages, diſtributes nouriſhment to every part of the body, promotes the finer diſcharges, eſpecially perſpiration, and invigorates the nervous ſyſtem:—

When exceſſive, it renders the circulation unequal and impetuous, diſturbs all the functions, waſtes the ſolid and fluid parts of the body, fatigues and enfeebles the muſcles, and weakens the ſprings of life: hence very laborious perſons die of a premature old age.

Another evil attending the moſt laborious, and therefore the moſt uſeful members of the community, is, that the ſupplies of food are often too ſcanty, and diſproportioned to the waſte; and that their occupations either expoſe them to the inclemencies of the ſeaſons, or to unwholſome and even noxious effluvia: as thoſe of miners, plumbers, &c.

If we conſider exerciſe as the means of preſerving health in thoſe whoſe ſtation of life exempts them from the neceſſity of labour, it is evident that it ought to be proportioned to the mode of life.

If

If a man indulges a keen appetite, and, from his affluence has the means of gratifying it by the choiceſt viands and the richeſt wines, he has his alternative, either to uſe adequate exerciſe, or ſuffer all the conſequences of repletion. Beſides thoſe keen ſportſmen who at certain times undergo much fatigue in purſuit of amuſement, people of rank and fortune have very generally acquired a daily habit of taking exerciſe, eſpecially on horſe-back. Some of them, however, as an apology for their indolence, have advanced an opinion, that when exerciſe is become habitual, or is undertaken with reluctance, it ceaſes to be a benefit. With reſpect to habits, provided they are rational and beneficial, they ought not to be given up; and though remedies uſed with a confident expectation of relief from them will be more likely to be uſeful; yet phyſicians know that a reluctant uſe of remedies does not conſequently counteract their ſalutary effects, otherwiſe diſeaſes would rarely be cured. The remark is applicable to exerciſe, whether as a preventive or a remedy.

Though I would not diſcourage the uſe of exerciſe, yet I would obſerve, that it is not, under every circumſtance of life, indiſpenſibly neceſſary; for innumerable inſtances occur, where ſtudious men and ſedentary women have lived to a great age, without ſuffering *apparently* by their indolence: and the ſufferings of ſtudious men ſeem to have ariſen more from the intenſe exerciſe of the mental powers, than from want of bodily exerciſe.

But it is indiſpenſibly neceſſary that ſuch perſons ſhould be exceedingly temperate, even to a degree of abſtinence; and, in ſuch caſes, the organs, not being oppreſſed by ſurcharge, perform their functions without injurious exertion.

Exerciſe may be divided into active and paſſive. The active exerciſes are, walking, riding, dancing, ſwinging of leads, the dumb bell, and the chamber-horſe, &c. The paſſive are, chiefly, carriage exerciſe, and the uſe of the fleſh-bruſh.

The active exerciſes are beſt ſuited for the preſervation of health, and to thoſe invalids whoſe ſtrength is not much impaired; but in all caſes care ought to be taken, that whatever

whatever the exercise may be, it ought never to be carried so far as to produce great sense of fatigue, otherwise, instead of being beneficial, it may be very injurious.*

In all acute diseases, especially accompanied with any considerable degree of fever, rest is necessary, and exercise improper. But, in many slow diseases, even though accompanied with irregular fever, gentle exercise is of great use: but in all cases in which exercise may be of use, it is necessary that it be taken in a pure clear air, if it be practicable; otherwise a variety of domestick exercises may be substituted, under a circulation of temperate air.

When invalids are very weak, and can use no other exercise, a cotton hammacoe or cot, slung in the sick chamber, in the manner they are used in the West-India colonies, will

* Dancing, when used temperately, is a cheering salutary exercise; but at watering-places, and especially at Bath, where the opportunities are so frequent, persons who labour under various degrees of indisposition (the ladies especially) indulge themselves too much in this pleasing amusement; and many have been irreparably injured by excess in country-dancing; especially since the cotillon step has been adopted from our light-heeled neighbours, which renders the exercise much more laborious than formerly.

Another error committed by meeting so late at those assemblies; for when they do not break up before eleven o'clock, it is midnight before the fatigued invalid can retire to rest.

be uſeful, by ſwinging the patients to any degree they can bear.

When invalids return from their exerciſe, and find themſelves chilled by the cold air; inſtead of warming themſelves at the fire, it would be preferable to bring themſelves (or rather their feelings gradually) to the temperature of the air of the room; for every ſudden tranſition is injurious to enfeebled bodies.

CHAP. V.

Rest.

THIS term implies, not only a relaxation from labour and fatigue; but alſo ſleep.

The effects of ſound ſleep are, a more ſlow and equal circulation of the blood, and a more temperate and ſteady diſtribution of the nervous influence to the organs of involuntary motion; the chief of which are the heart, lungs, and organs of nutrition; whilſt thoſe which ſupply the muſcles, as

organs

organs of voluntary motion, are allowed ſome hours relaxation from laborious exertion; and the mind, by a ſweet and ſalutary oblivion, is relieved from its exertions, its cares, and anxieties; ſo that the waſte both of mental and bodily powers is compenſated by ſleep; and both are reſtored to priſtine vigour.

If ſleep be too long protracted, the body is enervated, inſtead of being refreſhed; and the powers of the mind become languid and oppreſſed.

Diſturbed and broken ſlumbers, inſtead of relieving either body or mind, enfeeble both, perhaps to a greater degree than even exerciſe itſelf; and have, perhaps, as bad effects, eſpecially on invalids, as uninterrupted watching.

Thoſe animals who inſtinctively follow the dictates of nature, go to reſt as the ſun deſcends below the horizon; and awake as he aſcends above it. Even man, when not far remote from a ſtate of nature, obeys her dictates in the ſame manner. Darkneſs is beſt adapted to a ſtate of reſt, as light is to our daily employments; and therefore thoſe

who deviate from this law of nature, muſt neceſſarily and eventually pay the penalty.

A noble Lord,* who formerly diſtinguiſhed himſelf in an eminent degree at the bar, informed me ſome years ago, that when any very old witneſſes preſented themſelves in court, he upon enquiry found, that, whether their modes of life had been temperate or intemperate, they always went early to bed, and roſe early.

Invalids, whether from weakneſs, or fatigue after exerciſe, often expreſs an inclination to ſleep for an hour during the day; nor do I conceive that there can be any cogent objection to this indulgence being granted them: as their exhauſted ſpirits are recruited by this receſs from bodily and mental exertion, and their ſleep during the night is very little, if at all, interrupted by it.

From the effects of ſleep enumerated above, my readers will infer, that as regular hours are neceſſary to the preſervation of health, ſo they are indiſpenſibly neceſſary for the recovery of it; and that balmy repoſe, which ſuſpends the diſtreſsful ſenſa-

* Lord Grantly.

tions

tions conſequent of ill health, is only to be obtained by habitually appropriating thoſe hours to ſleep, which nature has pointed out; whilſt by inverting the order of nature, we waſte many of thoſe hours, which might be uſefully employed, even by the opulent and independent.

CHAP. VI.

Regulation *of the* Passions.

THE paſſions (ſays Pope) are the gales of life; but if they are not happily tempered either by conſtitution, or by education, neither rank nor wealth can afford any compenſation for their baneful influence.

It may, with truth, be aſſerted, that artificial wants, as they enlarge the field of paſſion, ſo in the ſame proportion they increaſe our deſires of gratification, and afford more frequent occaſions for diſappointment and mortification, than of rational enjoyment.

The

The only means to avoid these evils, is not to employ the mind solely in frivolous pursuits; but to strengthen its powers, and ennoble and exalt its views by the acquisition of useful knowledge.

I hope the fashionable youth of both sexes (if any such shall deign to read this morceau) will not be offended at this *apparent* departure from my medical office by commencing preacher; for though sermons by a physician would not be quite a novelty; yet it may be doubted, whether, in the present age, the imputation would not be unfavourable to its acceptance with the public.

The truth is, that as strength of mind, and culture of the understanding, enable us to perform the duties, and relish the pleasure of life; so nothing contributes so much to enable us to support the evils of it with firmness, and, in the same degree assists in alleviating and surmounting our bodily ailments.

There is so intimate a connection between the mind and body, that they mutually influence each other; and hence it is that bodily diseases are either exasperated or alleviated

viated by the ſtate of the mind. It is therefore of the utmoſt importance, that the mind of the invalid be ſuſtained by hope, and cheered by diverſity of amuſement; and that every ſerious avocation and painful paſſion be induſtriouſly avoided.

It is for this reaſon that change of place has been ſo much recommended to invalids; and excurſions to watering places have been thought to contribute very much to the efficacy of medicinal waters, on account of the diverſity of amuſement, which thoſe places afford; but which, by miſapplication, is often hurtful.

ESSAY IV.

An ENQUIRY *concerning the propriety, or neceſſity of uſing other* REMEDIES, *during a Courſe of* MINERAL WATERS, *or of* SEA-BATHING.

WATERING places have for ſome years been very much reſorted to, not only for the purpoſe of amuſement and diſſipation, but for the benefit of invalids.

Though

Though phyſicians have, in general, approved of ſea-bathing, as a powerful remedy; yet they have not been ſo unanimous with reſpect to the efficacy of other mineral waters.

Some phyſicians have been of opinion, that the proportion of their active principles is ſo ſmall, that they are very little better than common water; whilſt others, acknowledging the efficacy of ſome, have denied the medical virtues of others.

It is probable that, whilſt the phyſicians who reſide at watering places, have, from local experience acquired an overweening predilection for particular mineral waters; others, not having been in the habit of conſidering them as a part of medicine, are diſpoſed to undervalue them.

There is a conſiderable diverſity of mineral waters in this kingdom, which, from the nature of their active principles, muſt have different powers, and conſequently muſt be adapted to the relief of different diſeaſes.

Of thoſe invalids who reſort to watering places, ſome conſult the reſident phyſicians, others are furniſhed with preſcriptions and general directions by the phyſicians or apothecaries

thecaries who ſend them thither; ſome put themſelves under the direction of apothecaries, and not a few, deeming all advice unneceſſary, act according to their own opinions, feelings, and caprices.

If we conſider mineral waters (including ſea-water, which is of this claſs) as medicinal; and if we ſuppoſe that ſome previous preparation for, or regulation of, their uſe, may be neceſſary; it is likely that thoſe who enter on a courſe of them without advice, may not merely loſe their time and money, but actually injure, and even deſtroy themſelves.

The late Lord *Strange* (as I am informed by Dr. *Falconer* who attended him) died of an apoplexy, in conſequence of injudicious uſe of the Bath waters; and Baron *Dimſdale* tells me he recollects a ſimilar inſtance many years before: The inſtances of the alarming and dangerous, though not immediately fatal effects of theſe waters, when uſed improperly, are very numerous:—An incontrovertible proof of their powers.

Were diſtant phyſicians, who ſend patients hither with general directions for the uſe of the waters, ſuppoſed to be quite as well acquainted

acquainted with their qualities and effects as thoſe who reſide here; *a ſuppoſition not to be admitted*; yet no medical man will venture to aſſert, that a variety of circumſtances may not ariſe, which cannot be foreſeen, and conſequently cannot be provided for: and indeed inſtances of that kind occur daily, even under the eye of the reſident phyſicians. It has been ſaid, that the apothecary, to whom the preſcription is ſent, may be a competent judge of the neceſſary regulations. Though it would be invidious to controvert this poſition; yet it may *at leaſt* be aſked why, if a patient's caſe is ſo urgent as to require the advice of a phyſician in London, or elſewhere, it ſhould be leſs neceſſary to conſult a phyſician at Bath alſo; who may juſtly be ſuppoſed to be more converſant with diſeaſes in which the Bath water is beneficial, than thoſe who ſend the patients hither.

It would not, indeed, be matter of ſurpriſe, if one apothecary were diſpoſed to transfer his patients to another; yet this happens very rarely: whilſt, from the conduct of ſome phyſicians, it might reaſonably be

be ſuppoſed, that they conſidered apothecaries as their only coadjutors. Whether this is the reſult of extreme humility, exceſſive arrogance, or mean jealouſy, they alone muſt determine.

But it has been whiſpered by ſome of their patients that have come hither, that they were diſſuaded from conſulting Bath phyſicians, not only becauſe it was unneceſſary, but from a *tender regard* to the patient's pockets; their doctors inſinuating, that, if they once got into the hands of the reſident phyſicians, it would not be eaſy to ſhake them off. I truſt however, for the credit of the profeſſion, as gentlemen, that very few have been ſo uncandid and unjuſt; but I know that the imputation is not totally without foundation, and that ſome of their patients have ſuffered thereby, not only in their purſes, but in their healths.

Among many other inſtances which have occurred, I ſhall mention one.

A perſon of fortune, on his arrival here, ſent a phyſician's preſcription to a judicious apothecary, who, on calling on him a few days after, found him much heated, and exceedingly

ceedingly diſtreſſed, by an intemperate uſe of the waters; though the mode of uſing them, as directed by his London phyſician, had been ſtrictly complied with, and the other remedies preſcribed were taken very regularly. The apothecary, in vain, perſuaded him to deſiſt from both, and to conſult a reſident phyſician: he replied, that he was ſtrictly enjoined not to do ſo, but to correſpond with his London doctor only. The doctor, on being applied to, inſiſted on a continuance of the waters, but changed his preſcription; with ſo little ſucceſs however, that he was ſent for by expreſs; and his fee amounted to a much larger ſum than would have procured his patient the attendance of half the phyſicians in Bath during the whole ſeaſon.

As I have almoſt totally declined the practice and emoluments of my profeſſion, I ſhall not be ſuſpected of partiality, when I declare, that, *a few inſtances of dirty intrigue, and ſordid avarice excepted*, no profeſſional men I have ever known diſcharge their duty *in general* with more liberality and diſintereſtedneſs than the phyſicians of this place; or derive more moderate emoluments from it.

It

It happens, not unfrequently, that the caſes of the patients who come hither to uſe the waters are ſuch as will not admit of their uſe; ſo that when a phyſician has been conſulted, he has been obliged to forbid their being uſed, and either to ſend the patients back to their quondam preſcribers, or undertake their relief by other means.

A gouty patient conſulted me laſt ſummer for ſome complaints which were found to be connected with gravel. As I could not remain at Bath ſo long as was neceſſary, I left him under Dr. *Falconer*'s care; by whoſe judicious management he was perfectly relieved, without the uſe of the waters.

In my limited practice I have met with ſome other inſtances of invalids, who have been ſent hither for the benefit of the waters, whoſe caſes were totally incompatible with their uſe. On the contrary, it happens, I believe, very frequently, that in diſeaſes in which the Bath waters are eminently uſeful, they are nevertheleſs deemed improper by thoſe who, from inexperience of their powers, are certainly incompetent judges.

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The celebrated Dr. *Mead*, under the influence of a preconceived hypotheſis, condemned their uſe, as a bath, in paralytick caſes; though the internal and external uſe of the waters has been found to be more beneficial in ſuch caſes, than all other remedies whatſoever. A very late occurrence has convinced me that ſome of the moſt eminent phyſicians in London ſtill adopt Dr. *Mead*'s opinion; though manifold proofs of the ſafety and efficacy of warm bathing in palſies occur daily in private and hoſpital practice.

A lady of my acquaintance, being on a tour with her daughter, who was in a bad ſtate of health, ſent for me, as ſhe paſſed through this place in her way to Briſtol. It ſeems her *doctor*, a *preſcribing apothecary*, had reprobated the uſe of the Bath waters.

On a caſual enquiry into the caſe, I was of a different opinion; but as I was on the point of making a ſummer's excurſion, and the lady declined conſulting another phyſician, I left her, with neceſſary directions, to the care of a judicious apothecary; and by a letter from the lady, I had the pleaſure of knowing that my opinion with reſpect to its

its being, in every reſpect, a Bath caſe; and my prediction, that much benefit would accrue from the waters, was verified beyond my moſt ſanguine expectations.

I know there are ſome medical men who take every opportunity of reprobating the uſe of Bath waters, in caſes where other remedies avail very little without their aſſiſtance: the moſt favourable conſtruction that can be put on ſuch conduct is, to ſuppoſe that they know very little of the powers of the Bath waters: for I am unwilling to ſuppoſe it poſſible that they can be actuated by illiberal motives.

I ſhall conclude this chapter by an enquiry how far medicinal waters may, or may not, require the uſe of other remedies.

The phyſicians of the preſent time, are much more ſimple in their modes of preſcription than their predeceſſors; and when patients reſort to watering-places, a prudent phyſician will cautiouſly avoid the imputation of ſelfiſhneſs, and therefore will preſcribe as ſparingly as poſſible, during a courſe of ſea-bathing, or the uſe of other mineral waters.

But it frequently happens, that the occaſional uſe of other remedies may be indiſpenſibly neceſſary.

It is well known to medical men, that, when diſeaſes are inveterate, we are often obliged either to change one remedy of the ſame quality for another, or increaſe the power of one medicine by the addition of another. This is the caſe alſo with medicinal waters, which, though in ſome caſes they may require very little if any aid from other remedies, yet in many inſtances they are not alone ſufficient to effect the purpoſe.

Few patients are in ſuch a ſtate as to be able to enter on a courſe of this kind without ſome preparatory medicines; and with reſpect to the uſe of Bath water, this is peculiarly the caſe. After this neceſſary preparation, the doſe of the water is to be aſcertained, and the medical man (whether phyſician or apothecary) muſt watch the effects of the waters, and determine from time to time what increaſe of doſe his patient will bear. Bathing may be, and is often, neceſſary: the times of bathing, the degrees of heat, and other circumſtances, can only be aſcertained

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by careful obſervation: the regimen of diet, &c. muſt moreover be fixed upon, and the regulation of all thoſe important points muſt depend on the nature of the diſeaſe, and the effects of the waters.

Many untoward circumſtances may occur, which may render the interpoſition of the preſcriber neceſſary. Drinking the waters, or bathing, under the moſt guarded uſe of either, may produce diſagreeable ſymptoms, which may require either ſome alteration in the mode of uſing them; a total ſuſpenſion of the uſe of them for a time, or the interpoſition of ſome remedies, which may qualify their effects, increaſe their power, or remove ſuch ſymptoms, which either they, or ſome caſual incidents, or a change in the diſeaſe, may have produced.

In the courſe of laſt ſummer, I had many opportunities of confirming this opinion. Being on the ſea coaſt, and acting there as a *volunteer* phyſician, I was very generally conſulted by thoſe who reſorted thither for the purpoſe of ſea-bathing. Several were ſent thither whoſe caſes were improper; and others could not bear the cold bath, unleſs

accompanied with the uſe of cordial and ſtrengthening medicines.

In the General Hoſpital here, many more patients recover than in private practice: the reaſon is, that the patients are obliged to comply moſt ſtrictly and implicitly with the phyſicians' orders, reſpecting diet, medicine, and the uſe of the waters; whilſt, from inattention, diſſipation, or ſelf-ſufficiency, private patients frequently fail in obtaining relief, and often return much worſe than they came hither. But whether medicine may or may not be required in aid of mineral waters of any kind, it is manifeſt, from the foregoing obſervations, that courſes, whether of drinking or bathing, ought not to be undertaken without medical advice and attendance.

ESSAY

ESSAY V.

CHAP. I.

On EMPIRICISM, *or* QUACKERY.

Hæ tibi erunt artes.
Pudet hæc opprobria nobis.

THE term *Empiriciſm* is derived from a Greek word which ſignifies *experience*, the foundation of all ſcience, eſpecially of phyſic.

There was an antient ſect of phyſicians who were termed *Empirics*, in contradiſtinction to the *Dogmatiſts*; but there is a moſt eſſential difference between thoſe *antient ſages* and our *modern quacks*; for the former availed themſelves of accurate philoſophical *Analogy** founded

* *Analogy*, which is derived from a Greek word implying likeneſs or ſimilarity, is the art of comparing one object with another, with a view to determine whether, or in what degree, they do or do not reſemble each other in their nature or qualities. It is a branch of logic, a ſcience much leſs cultivated than it ought to be; as it is the foundation

founded on experience; whereas the latter are so little accustomed to any kind of reasoning, that they are generally destitute of common sense.

Few men have taken more pains in attempting to discover the origin, trace the progress, and detect the ignorance and knavery of modern quacks, than myself; and as quackery has arrived to a truly alarming height, especially in the British dominions; I thought I should essentially serve my fellow subjects, by endeavouring to stem the torrent of this dangerous evil.

The earliest source of quackery seems to have been an opinion entertained by the vulgar, and perhaps not very strenuously discouraged by physicians, that there was something mysterious and supernatural in

dation of all sound reasoning. We cannot proceed a step in any science without analogy; for we must compare before we decide.

The mathematician employs analogy in the solution of his problems: Analogy is the basis of natural and experimental philosophy: The moral philosopher uses it as a test of moral rectitude or depravity: It is the touchstone of religion, the guide of the politician, and the rule of conduct in common life. In no instance, however, is it so indispensibly necessary, as in the medical art; and I am convinced, that if, instead of vague theories and fanciful hypotheses, it had been employed by physicians with caution and precision, physic would, long before this period, have been exempted from the invidious imputation of being conjectural and precarious.

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the medical art. Hence the idea that the cure of diſeaſes was often effected by magical powers, and aſtral influences; ſo that in the ages of barbariſm, prieſts, ſoothſayers, aſtrologers, and fortune-tellers, laid their claims to medical knowledge and practice.

When chemiſtry began to be cultivated in Germany, many chemical remedies were diſcovered and adopted in regular practice: The empirics however, having pilfered ſome of the moſt powerful from the regulars, ſold them as noſtrums; and Paracelſus, Van Helmont, and other quacks, by their vain and inſolent boaſtings, contributed very much to the extenſion of the evil.

For many ages all medical knowledge was conveyed in the dead languages only, a few books excepted, written by Arabian phyſicians in their native tongue; and I may venture to aſſert, that the tranſlation of thoſe works into modern languages, eſpecially the diſpenſatories of the different colleges of phyſicians, has contributed exceedingly to the encouragement of quackery; for from that ſource the moſt ignorant, and worthleſs members of the community, having acquired ſome knowledge

knowledge of the moſt powerful remedies, found a more ready reſource for ſupplying their neceſſities, and even attaining affluence, by vending them as infallible noſtrums, than by following their proper vocations of aſtrologers, almanack-makers, taylors, coblers, weavers, farriers, porters, and footmen.

Whilſt itinerant mountebanks were in faſhion; though the breed is almoſt extinct in this country; the merry-andrew generally ſucceeded his maſter, and from tumbler and buffoon was exalted to the dignity of doctor; when in the velvet coat and tye wig he drew teeth, cut hare lips, and diſpenſed his infallible remedies, *ſolely* for the benefit of his fellow ſubjects.

Several of thoſe reſpectable gentlemen became afterwards reſident doctors, eſpecially in London; and to ſome of them, and their no leſs reſpectable ſucceſſors, the public is at this time indebted for ſome of our moſt celebrated noſtrums.

It may be alledged, that theſe animadverſions are dictated by envy and jealouſy.

Independent in my circumſtances, and approaching the verge of life, I do moſt ſolemnly

lemnly aver, that I shall not advance any thing concerning those men or their nostrums that does not admit of proof; and that my sole motives for this publication are, a regard for the interests and welfare of the community, and the credit of that profession of which I have the honour of being a member.

When physicians, by laborious study, and at considerable expence, have qualified themselves for the exercise of their profession, it cannot be very agreeable to them to find their art so much degraded, as that the most illiterate of mankind (for such quacks generally are) could be supposed capable of discharging the duties of it: For so far as regards emolument, I verily believe that physicians suffer little by empirical practice.

With respect to the employments of those people before they commenced nostrum-mongers; the celebrated *Ward*, whose remedies are now neglected, because they are known, was a *footman*, and during his attendance on his master on the continent, obtained his nostrums from the monks, who are almost all quacks.——*Rock* had been a porter,

porter, as was *Walker* the vender of the famous Jesuits drops.——The celebrated electrico-magnetical *Graham*, who lately made such a noise in this credulous nation, exhibited on a mountebank stage in America; and, it is probable, served previously in the office of zany.——*Meyerbach*,† who has acquired a fortune equal to that of a German prince, offered himself as a *rough-rider* to a riding-house in London, but being rejected, commenced doctor.—*Turlington* was a broken master of a ship.—One *Freeman*, who annexes M. D. to his name, was a journeyman blacksmith, and is lately returned from one of our colonies, where, as an indented servant, he was employed to shoe and bleed horses.—And I remember two fellows in Hampshire, who gathered and dispensed their drugs under astral influences, one of them a *weaver*, the other a *cobler*, who being too idle to follow their employments, found their account in becoming doctors.

Some of these nostrum-mongers have been appendages to the profession; and broken

† The ignorance and effrontery of this fellow has been properly exposed by Dr. *Lettsome*.

apothecaries

apothecaries and chemists have quitted their proper callings for this idle trade.

Dr. *James*, finding that book-making was a losing business, derived more advantage in vending his celebrated powder, and analeptic pills.—Sir *John Hill*, also a voluminous author, dispensed his tinctures and essences:—and *Norton* acquired a considerable fortune by his Maredant's drops.

The newspapers have just announced the death of one of these doctors, who has of late been much celebrated. This man, who could not procure bread as an apothecary, would soon have realized a large fortune as a quack. Availing himself, very artfully, of *fashionable* prejudices, and in order that his pills might be adapted to all the fashionable diseases, he wrote a pamphlet to prove that nervous and bilious diseases were intimately connected with gout and with each other. As some sort of reasoning and argument is generally expected in medical dissertations, he pilfered, without acknowledgement, an idea started thirty years ago by Dr. *Shebbeare*, viz. that the primary cause of all diseases proceeds from excess or defect of the electric fire;

fire; the novelty and *verity* of which could not fail to recommend it to his faſhionable readers.

That theſe men, at leaſt moſt of them, have pilfered their noſtrums from regular practice, admits of the cleareſt proof. The ſpecifications of ſome of the moſt powerful of thoſe noſtrums, given upon oath, are to be found in the patent office; to which any perſon may have recourſe on paying the fees; and moſt of the others have been analyſed, and their compoſition diſcovered.

Another artifice employed by thoſe peſts of ſociety, is to attribute their noſtrums to ſome celebrated phyſician after his deceaſe; and the names of *Fothergill*, *Hunter*, and *Solander*, have been proſtituted to thoſe knaviſh purpoſes.

It is now well known, that *Ward's* medicines, except his paſte, which is a moſt abſurd compoſition, had long been in regular practice before he adopted them.

Turlington's balſam is the Traumatic balſam of the ſhops. *Norton's drops* are a diſguiſed ſolution of the ſublimate mercury, which was recommended by Baron *Van Swieten*, phyſician

physician to the late Empress of Germany. *Daffy's Elixir* is the tincture of sena of the shops. *Anderson's Pills* are aloes with oil of aniseed. *Speediman's Pills*, extract of chamomile, aloes, and one or two other trifling ingredients. *Stoughton's Drops*, the stomachic tincture of the shops. *Godfrey's Cordial*, an infusion of sassafras, syrup, and opium. *Baume de Vie* consists of aloes, rhubarb, and salt of tartar, with a large proportion of liquorice juice to disguise the other ingredients. And *Poudre Unique* is a combination of mercury and antimony. In short, there are none of these nostrums that have not been analysed by skilful chemists; and, independent of some trivial additions, all of those of any power (a few trifling tinctures of vegetables, those of *Hill* particularly, excepted) are compositions of mercury, antimony, or opium.

James's celebrated powder, it is asserted, was known and administered in this country above one hundred and twenty years ago; but fell into disuse, and was again revived as *Cornachine*'s powder. About the year 1746, Baron *Schwanberg*, a needy adventurer, communicated

communicated the prescription to *James*, then as needy and obscure as himself, on certain conditions of co-partnership, which not being fulfilled on the part of *James*, a law-suit was instituted against him in West-minster-hall; and *James* attempted to evade the penalty, by alledging that he employed a different kind of antimony in the preparation; a plea which would not have been admitted by a jury of chemists.

It would however be illiberal and unjust to alledge, that, absurd and unchemical as the preparation certainly is, it is not a remedy of power and efficacy; for, from my own extensive experience, I know it to be so; but the same experience enables me to assert, that, from the nature of the composition, its operation is very uncertain, and that the other reguline preparations of antimony are more safe and certain in their operation, and equally effectual.

The only circumstance which established the credit of this powder was the bold, yet judicious, practice of gradually increasing the dose according as the stomach became more habituated to its stimulus, or the urgency

urgency of the case required: and I cannot help expressing my surprise that this mode of administering active remedies has been so much neglected by regular practitioners; and I am well convinced from long experience, that if antimonial wine, emetic tartar, or even ipecacoana, (a more safe and perhaps equally effectual remedy) had been so administered, we should not at this day have incurred the reproach of being obliged to resign our patients to the operation of a quack remedy. It is however to be observed, that though much benefit will certainly result from increasing the doses of active remedies, if they are given by persons of judgment, much mischief will also be done if those who administer them are unskilful.

It would be a tedious and unprofitable task to enter into a more explicit detail of nostrum-mongers and their remedies: I have however taken notice of some of the principal; and would add moreover, that as these quack medicines are sold to retail dealers, some of them may remain on their hands for years, until they are totally spoiled, and yet they do not scruple to sell them, ignorant

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or regardless as they are, whether they are sound or not, an instance of which occurred lately to a gentleman who purchased a quack remedy.

There was a time when physicians deemed it inconsistent with their dignity to consent to the administration of quack remedies; but if, from a knowledge of their composition, or experience of their effects, we are assured of their safety and power, it would be unpardonable in a physician to reject any means that may be beneficial to his patient; if he or his friends require it.

Nor is the art degraded by such condescension; for we only avail ourselves of those means which have been pilfered from regular practice, (as James's Powder, and almost all other nostrums of efficacy, have been:) but even were it otherwise, life and health ought not to be sacrificed to idle punctilio; but every means used, and every effort made, that may conduce to the relief of the patient.

One great objection to the use of powerful nostrums, in the way they are commonly administered, is, that as neither the venders of them, nor the purchasers, are judges of

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the cases in which they are recommended, there is more than an equal chance that they may be injurious: I will explain this matter.

When a physician is consulted on a case, he generally visits the patient from time to time; or the case, if the patient is distant, is accurately described by a medical man, who, together with the account of symptoms, enumerates the remedies that have been previously used, and their effects. But notwithstanding all the attention of medical men, diseases, especially those attended with fever, are so changeable in their nature, that the plan of cure is often necessarily changed, and the remedy which is beneficial at one time, may be improper a few hours after; and this often happens *solely* from the operation of the remedy; which requires to be qualified, altered in its dose, or totally omitted.

On the other hand, the *quack*, totally ignorant of the nature of diseases, or even of the operation of medicines; who never, or rarely, sees the patient, and if he did, is unqualified to judge of either; vends his medicine, accompanied with general direc-

tions; and without due cautions, concerning the circumstances under which its operation ought to be regulated, mitigated, or omitted.

If, even under the eye of the physician, remedies often produce unexpected and untoward effects; how much more frequently must this happen in the unguarded manner in which quack medicines are used.

But if the disease should be mistaken, as it may be by the most sagacious physician, it is either exasperated by an improper remedy, or that time is lost, which might have been more properly employed.

Upon the whole of what has been said, we may define a modern quack to be—*a pretender to knowledge of which he is not possessed; and a vender of nostrums, the powers of which he does not understand—in short, a swindler and a knave*, in the worst sense of the word.*

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* When physicians (I do not mean quack *doctors*) adopt extraordinary modes of obtruding themselves and their *wonderful* abilities on the notice of the publick; it would be no breach of charity to place them on the same form with nostrum-mongers; and the similarity is more obvious, as, in both instances, the merits of the regular doctor and his brother quack are always much exaggerated; whilst that public, to which the appeal is made, is equally unqualified to judge of either. It is with regret, mingled with indignation, that I thus animadvert on the conduct of such of my brethren as have justly incurred this censure. In the preceding essay I took notice of

The legislators in almost every civilized society have considered them as pests; and have therefore enacted penal laws for the suppression of quackery.

The colleges of physicians were instituted in different kingdoms of Europe, to examine all persons who undertook the practice of the art, and all drugs in the apothecaries shops, and destroy such as were unfit; and there can be no doubt but their power extended to the examination of nostrums; and

of their illiberal treatment of the Bath physicians; and it may fairly be presumed, that they are of the number of those, who, conscious of deficiency in personal merit, endeavour to compensate for that deficiency, by cultivating, most assiduously, the good graces of apothecaries, midwives, nurses, abigails, toad-eaters, and puffing gossips. But, not contented with this *indirect* attack on their brethren, they generally proceed to *direct* hostilities, and by the dark and malignant insinuations of themselves or their emissaries, endeavour to blast the reputations of all their competitors. This serious charge may, by some of my readers, be deemed incredible; but it is not less true. Such ungentlemanly arts may reasonably be considered as truly *empirical*, and those who practise them as *swindlers of reputation*, and therefore greater pests of society than *swindlers of property*; insomuch as they, in a great degree, deprive the publick of the services and talents of *modest men*, who are generally as much their superiors in ability as in urbanity. That I may, in some degree, qualify the severity of this stricture, I take, with pleasure, this opportunity of declaring, that as I consider my profession as a most useful and respectable science, so I have a most sincere and affectionate attachment to all such of my brethren as discharge their duty with honour and integrity.

on their report, the venders were subject to severe penalties.

In the reign of James I. an order of council, grounded on a former law, was issued for the apprehension of all quacks, in order to their being examined by the censors of the college of physicians. On that occasion, several mountebanks, water-casters, ague charmers, and venders of nostrums, were fined, imprisoned, and banished.

This wholsome severity, it may be supposed, checked the evil for a time; but in the reign of William the third, it became again necessary to put the laws in force against these vermin; in consequence of which, many of them, when examined, confessed their utter ignorance, to such a degree, as to be unable either to read or write: others, it was found, had been attempting to procure abortion in unfortunate single women; several of them were discovered to be fortune-tellers, match-makers, panders, and bawds. Some of those miscreants were set in the pillory; some put on horse-back, their faces to the horse's tail, and their necks decorated with a collar of urinals,

nals, and afterwards whipped, branded, and baniſhed.*

Having repeatedly ſmarted for a direct violation of the laws, they have endeavoured of late years to evade it, by availing themſelves of a power veſted in the crown of granting patents for uſeful inventions. This has, by the ſordid avarice of the officers, been ſhamefully abuſed; for it may be clearly proved, that with reſpect to noſtrum venders, few, if any, of their medicines could be deemed inventions, though they were obliged to annex an oath to their ſpecifications. Of thoſe which have been ſold without the ſanction of a patent (as well as thoſe which have) it has been found, by chemical analyſis, that the moſt powerful are diſpenſatory medicines, diſguiſed by ſome trifling additions, whilſt others have been found to conſiſt of the moſt inſignificant ingredients, as pith of bread, brick-duſt, ſheeps dung, &c. the venders depending for ſucceſs

* A late news-paper informs us, that a perſon who believed his health had been injured by a quack, gave his doctor a ſound drubbing, to the great amuſement of the mob: it is to be hoped, however, that this mode of *feeing* will not become faſhionable; otherwiſe it is probable that ſome, even of the regulars, might not always ſleep in a ſound ſkin.

on the ſtrength of the patients' imagination, and the livelineſs of their faith.

The impudent impoſture of a German quack, who lately pretended to cure diſeaſes by animal magnetiſm, induced the French king to iſſue an arret, which if duely obeyed, as it probably will be, muſt effectually ſuppreſs quackery in that kingdom: how far our miniſters have acted wiſely in impoſing a tax on noſtrums, inſtead of puniſhing the venders, may be doubted. The tax ſeems to be equally politick as a former gin act, which added to the revenue, whilſt it ſacrificed the morals and healths of the ſubject.

Were I to enumerate all the inſtances, within my own knowledge, of the dangerous and fatal effects of a miſapplication of the moſt powerful of theſe noſtrums, the detail would be almoſt incredible: a few inſtances may ſuffice.

James's Powder, though confeſſedly beneficial in certain ſtages of inflammatory diſeaſes, has, not unfrequently, vomited, purged, or ſweated to death, perſons labouring under low, malignant, and putrid fevers, who

who might have been ſaved by a liberal uſe of bark, ſnake-root, and wine.*

The habit of taking *James's Analeptic Pills*, ſince bilious diſeaſes have become *faſhionable*, has irreparably injured many conſtitutions; by creating a neceſſity for the frequent uſe of purges, which, in moſt of the caſes in which they are uſed, are not much leſs deleterious than the moſt virulent poiſons.

Turlington's Drops, given imprudently in colics, have brought on fatal inflammation of the bowels and kidnies. How many unhappy infants have been lulled into fatal ſleep by *Godfrey's Cordial?* and how many perſons have been thrown into dangerous ſalivations by *Maredant's Drops?* The wife of a reſpectable magiſtrate of the city of London, and my particular friend, was deſtroyed by the conſummate ignorance of *Meyerſbach*; and there is reaſon to believe that the valuable life of the huſband was ſhortened by the ſame means.

* The celebrated Dr. *Goldſmith* was deſtroyed by an injudicious uſe of *James's Powder*; and notwithſtanding *James*'s aſſertion, that it had been found beneficial in the malignant yellow fever of hot climates, the reverſe is undoubtedly true.

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With respect to testimonies in favour of nostrums, many are obtained by perjury, and others are exaggerated by ignorance; and whilst the supposed cures are published with much parade, the miscarriages are concealed with industrious care. That they may have been sometimes beneficial, it would be uncandid to deny; as a powerful remedy, producing, by the violence of its operation, a great and sudden change in the constitution, may either eradicate an inveterate disease, or subvert the powers of life: but I would submit to the serious consideration of my readers, whether, as regular practice is in possession of as powerful means as any nostrum whatever, it would not be more prudent to intrust the administration of them to those, who, by a liberal and regular education, are *alone* qualified to render them equally safe and efficacious; or if they must have quack remedies, let them be taken under the eye and regulation of a person of skill.

It has been alledged, that regular practitioners, by a timid routine, or selfish procrastination, deprive their patients of those most

moſt powerful aids of which quacks have availed themſelves. If this charge is, in any reſpect, well grounded, it is more applicable to the paſt than preſent times, as a more bold and deciſive practice is now very generally adopted.

Some of the abettors of theſe quacks (for very few of them have been able to vindicate themſelves) have inſinuated, that though deficient in the general principles of phyſic, they have acquired by experience, not only a ſufficient knowledge of the operation of their noſtrums, but of the nature of the diſeaſes to which they are adapted.

I anſwer, that the medical art reſembles a circle, each point of which is ſo connected with the other, that in order to obtain an accurate knowledge of a part, the whole muſt be underſtood. And to ſhew the nature and extent of medical knowledge, and thoſe branches of learning and ſcience with which it has an intimate affinity, I ſhall here enumerate the qualifications neceſſary to form a ſkilful phyſician; and, upon a fair compariſon, I may truſt to the candour of my readers to determine, what portion of that

that knowledge can be juſtly claimed by the herd of noſtrum-mongers.

The phyſician ought to be converſant with the *Greek* and *Latin* languages, becauſe many valuable books are written in them; nor would an acquaintance with ſome of the modern languages be unneceſſary.

A knowledge of *natural hiſtory* is indiſpenſibly neceſſary, becauſe our art conſtitutes a principal part of it, and the inſtruments or means he uſes for the cure of diſeaſes are alſo the objects of it.

Natural and Experimental Philoſophy are intimately connected with medicine; eſpecially whatever reſpects the ſtate of our atmoſphere, and its meteors; as the effects of the winds, of heat, cold, moiſture, &c. either as the cauſes of diſeaſe, or the means of preſerving or reſtoring health; and eſpecially the late diſcoveries concerning the nature of the electric fluid, and factitious airs; and thoſe branches of experimental philoſophy which illuſtrate the principles of mechanics, pneumatics, hydroſtatics, and hydraulics. Though the principles of *geometry* were improperly applied to the illuſtration of

of medicine, by ſome phyſicians of the laſt century, yet a phyſician ought not to be ignorant of this noble ſcience. *Logic*, being the art of ſound reaſoning, will very much aſſiſt him in his inveſtigations. In ſhort, there is no branch of knowledge, or accompliſhment, neceſſary for compleating the education of a gentleman, which he ought not to poſſeſs.

The phyſician ought to be a man of genius, with a clear head, and a promptitude in quickly diſcerning the occaſions when it may be neceſſary to depart from the common routine of practice, and avail himſelf of extraordinary expedients, in caſes of urgency and danger: he ought to be firm, ſteady, intrepid, yet humane; and a man of the niceſt honour and ſtricteſt probity, ſtrongly impreſſed with a ſenſe of the importance of his profeſſion, and firmly determined to comply moſt religiouſly with his academical obligation, which requires him to diſcharge his duty with unremitting care, aſſiduity, and liberality.

Theſe are only preliminary branches of knowledge and accompliſhment. Thoſe which

which are immediately connected with his profession are numerous and important. *Anatomy* informs him of the structure and connection of the organs of the human body;—*Physiology* instructs him in the nature of the functions or offices of those organs;—*Pathology* enables him to understand the nature and causes of the general symptoms or signs of diseases;—and *Nosology* teaches him the method of arranging those symptoms into classes, orders, genera, species, and varieties of diseases, and to establish their characteristic distinctions.*

He ought moreover to be well acquainted with the history of his art in all its branches, the progressive steps of its improvement, and the characters of the authors who have written on each subject; and in what respect, and by what discoveries, they have contributed to the advancement of the art.

But as the knowledge of all these branches of the science, though objects of philosophical contemplation, cannot be applied to

* The late Dr. de *Sauvage*, in a most elaborate work, has enumerated and described above two thousand diseases, including their complications and varieties.

any

any practical purpose, unless he is conversant with the means of curing diseases; the history of the *materia medica*, of which *Botany* is a *branch*, instructs him in the distinctive marks, and the general nature and qualities of those animal, vegetable, mineral, and metallic substances, which he is to employ in the cure of diseases.

Chemistry enables him to resolve those materials into their constituent principles, and to separate the essential and most active for the purposes of medicine.

Pharmacy, which is a branch of chemistry, teaches him the mode of uniting and compounding those materials, so as to increase their power and efficacy.

Posology instructs him in the doses of his remedies, as accommodated to different ages and constitutions.

And, lastly; there is often so intimate a relation between external and internal diseases, their nature and causes; that the physician ought to be well acquainted with the principles of surgery.

I may now appeal to the good sense of my readers, and leave them to determine, how many

many of the quacks they have known, or heard of, could be deemed thus qualified.

There is so intimate a connection between all those branches, that none of them can be dispensed with in the education of a physician; as I shall endeavour to shew by the following example, which I shall endeavour to make intelligible to every reader.

A person complains of a *difficulty of breathing*. To form a just judgment of the nature and causes of this symptom, the consulted physician must first avail himself of his *anatomical* knowledge of the structure of the lungs, and of the other organs which contribute to the function of breathing.

From *physiology* he learns the condition of the different organs necessary to a free, equal, and easy breathing, which afford the signs of a healthy state of the organs.

From *natural and experimental philosophy* he knows that certain qualities of the air are necessary for this purpose; and that a perversion of those qualities may be injurious to breathing.

Pathology instructs him that this symptom is connected with some affection of the lungs,

or

or other organs of breathing. But as he proceeds in his enquiries, the inveſtigation becomes more intricate and perplexed; eſpecially when he attempts to determine, to which of the many diſeaſes of theſe organs this ſymptom belongs: whether, for inſtance, it is connected with different ſpecies of ſore throat; whether it proceeds from ſome fault in the lungs themſelves; and whether the affection is catarrhal, inflammatory, conſumptive, aſthmatic, rheumatic, gouty, &c.: or whether, theſe organs being in a ſound ſtate, the evil may not proceed from the air being too hot, cold, moiſt or dry; or impregnated with noxious vapours of lead, brimſtone, and charcoal, &c.; or whether it may be connected with fever, or produced by various eruptions repelled from the ſurface, and thrown on thoſe organs; as of miliary raſh, itch, ſmall-pox, meaſles, &c.; or, finally, whether, neither the organs nor the air being faulty, it may not proceed from blood or other humours floating in the cavity of the breaſt or belly; or from ſome diſeaſes of the heart, liver, ſtomach and other organs, worms, &c.; the lungs being only affected by

by ſympathy or contiguity. If the caſe be ſtill obſcure, he endeavours to elucidate it by enquiring into the former ſtate of the patient's health, his mode of life, the diſeaſes he has been ſubject to, and his temperament or habit of body. From all theſe, compared with each other, he with the utmoſt caution, and by the ſtricteſt *analogical* reaſoning, determines concerning the nature of the diſeaſe, its cauſes, and its degree; he forms his prognoſtic concerning the probable iſſue; and what will be the beſt means of averting farther danger, and promoting recovery. If he errs in any eſſential circumſtance of enquiry or judgment, concerning the nature of the diſeaſe, every ſubſequent ſtep muſt participate of the error.

Having formed his plan of cure, he runs over in his mind all the different claſſes of remedies, and from thoſe ſelects ſuch as he deems moſt proper; and aſcertains the doſes of them. He aſſiduouſly watches their effects from day to day, leſſens or increaſes their doſes, or even changes them as circumſtances ſhall ſuggeſt. It often happens that, from their operation, he may acquire a more correct,

rect, or even a new idea of the nature of the diſeaſe; or a change of ſymptoms in the progreſs of it, may make a different mode of treatment neceſſary. Thus he proceeds, with extreme care and circumſpection, until the diſeaſe terminates in recovery or death.*

This, out of a multitude of inſtances which might be adduced, is the moſt ſimple and intelligible I could ſelect; and yet many eſſential and intricate circumſtances are omitted.

Such of my readers as have peruſed the preceding pages with care will, I flatter myſelf, anticipate me in the inferences that I ſhall make.

1*ſt*, That the ſcience of medicine requires extenſive knowledge, and much ſagacity.

2*dly*, That from the multiplicity of diſeaſes, and the difficulty of inveſtigating their nature, even the moſt ſkilful may err; but that they, *and they only*, are qualified to correct their errors by nice obſervation, and accurate reaſoning.

* It will not be neceſſary to apologize for this explanatory narrative; as the medical ladies are in the daily habit of hearing and detailing fictitious caſes of *wonderful* maladies and *miraculous* cures.

3*dly*, That much danger may arise from unqualified persons undertaking the care of the sick; and that quacks, in general, *whether male or female*, are very deficient in medical knowledge.

4*thly*, That how effectual soever quack remedies may be; yet their being administered without a due knowledge of the disease, or attention to the effects of the remedies, may be attended with fatal consequences; and that if ever they relieve, it must be by chance.

But as it may be deemed an act of injustice to any man who claims the merit of an invention, to deprive him of the reward of his ingenuity, I would propose, that every person who has invented an useful remedy should, on oath, deliver the prescription to three members of the college appointed by Legislature, and that, after a fair trial of its efficacy, a reward be voted by parliament.

There is nothing novel in the proposition; as something similar was done in the case of Mrs. *Stevens*'s medicine.

If such a regulation should be adopted, it would be necessary to suppress the nostrum-mongers, by enforcing, with vigour, all the laws

laws enacted for that purpose; and should the other regulations which I shall take notice of in the next chapter be carried into execution, I am firmly persuaded, that many of the most valuable members of the community, now annually lost, would be saved, to the great emolument of the nation.

CHAP. II.

LADY DOCTORS*.

Mrs. HARDCASTLE.

Did I not prescribe for you every day, and weep while the receipt was operating?

TONY LUMPKIN.

Ecod! You had reason to weep, for you have been dosing me ever since I was born. I have gone through every receipt in the *Family Physician* ten times over; and you have thoughts of coursing me through *Quincy* next spring. *She stoops to Conquer, Act 2d.*

I HAVE allotted a separate chapter to my very respectable sisters and coadjutors; as it would have been an unpardonable insult

* This term does not quite please me, because some of the other sex have also a strong propensity to quackery: however the proportion of female doctors being at least ten to one of the male, their claim to pre-eminence is indisputable.

to have put them on a level with the ſordid and ſelfiſh race of noſtrum-mongers; to whom I am perſuaded they are very much ſuperior in every liberal and *medical* accompliſhment: though I am apprehenſive, they may be *ſomewhat deficient* in thoſe qualifications which would be neceſſary to their commencing phyſicians, if the branches of knowledge enumerated in the preceding chapter are indiſpenſible, as they undoubtedly are.

Ladies (or gentlemen) doctors may be defined *ſage* perſonages, who not only phyſic themſelves; but, *without fee or reward*, preſcribe, and often adminiſter their remedies to their friends, dependants, and poor neighbours.†

I proceed to enquire how it has happened that the fair ſex has arrogated to itſelf

† I have however known ſeveral *doctors* of this deſcription, who were much more alert in preſcribing, than in taking, *even* their own preſcriptions: and I have generally concluded, that their confidence in their own ſkill ſuffered ſome abatement, when their perſonal ſafety was concerned. Human vanity is much gratified on every occaſion wherein we can evince our ſuperiority, with reſpect either to rank, opulence, or knowledge; and it muſt certainly be a very flattering circumſtance for a lady-doctor to poſſeſs, or ſeem to poſſeſs, a degree of ſcientific knowledge by *ſix hours* hard medical ſtudy, the attainment of which coſts a male dunce the labour of as many years.

the

the privilege of diſcharging the duties of the phyſician and ſurgeon.

As, by their domeſtic avocations, and the neatneſs, delicacy, and tenderneſs, peculiar to the ſex, they have ever been well qualified to diſcharge the duty of nurſes; ſo, from the habit of adminiſtering remedies, they at length aſſumed a right of preſcribing them: The tranſition was eaſy and natural.

This laudable ambition of filling the firſt department of the medical art is of conſiderable antiquity; for we know that among our gothic anceſtors, women were the chief phyſicians; and as female emulation is unbounded, they alſo claimed a place at the national councils; and even diſcharged the duties of the *corps diplomatique*, with ſingular addreſs and ſucceſs.‡

‡ Beſides the queen of Sheba, who was her own plenipotentiary to the *wiſeſt* of kings; the reſult of whoſe royal *tête à tête* has been amply detailed; we have two other inſtances of female plenipo's; one to Charles the XIIth of Sweden, whoſe embaſſy failed, merely from want of gallantry and *politeſſe* in the iron-headed Monarch: But the lady, afterwards Ducheſs of Portſmouth, ſucceeded better with *our* Charles, and by her *very honourable* connection with that prince, had the pleaſure of contributing greatly to the glory of the *Grand Monarque*. I am inclined to believe, however, that the ladies are *rather* better doctors than politicians, to which opinion I recollect two exceptions; our *Elizabeth*, and the *Thaleſtris* of the north.

How

How it happened that they gradually loſt their *political* importance, hiſtory does not inform us; but it is certain that they have to this day retained their *medical* conſequence.*

In thoſe halcyon days, when men of rank and fortune ſpent the greateſt part of their time at their country manſions, the miſtreſs of the family neceſſarily commenced a *Lady Bountiful*; and not contented with the exerciſe of the chemical art in preparing her preſerves and pickles, had recourſe to her family receipts, *all of them infallible*; and from this invaluable ſtore of knowledge, acquired the art of preparing plaiſters, ſalves, and ſurfeit waters. Theſe ſhe diſpenſed with a liberal hand; and, with much condeſcenſion and humanity, viſited the ſick and lame; and not only diſtributed her remedies, but moſt charitably ſupplied all their wants.

About the middle of the laſt century, indigent men of ſome learning, publiſhed

* Though the ladies have loſt much of their oſtenſible political conſequence, their influence in the cabinet has not ceaſed; and from this petticoat *influence* a late race of our kings chiefly derived their embarraſſments and misfortunes. In our line however, medical dunces have often been uſhered to public notice and conſequence by *female* intrigue.

medical

medical treatiſes for the uſe of the *Lady Bountifuls* of that day; who, from *Ariſtotle's Maſter-piece*, *Culpepper's Midwifery*, *Salmon's Practice of Phyſic*, and *Every Man his own Phyſician*, made a very *reſpectable* addition to their ſtock of medical knowledge; and it is from the ſame inexhauſtible funds, all our noſtrum venders have borrowed their infallible remedies.

A revolution in the habits of life has now almoſt extinguiſhed the race of the *Lady Bountifuls*; and the poor are now generally reſigned to the care of thoſe humane and *tender-hearted* gentlemen, the pariſh officers.

It would however be extremely unjuſt to inſinuate, that the preſent age is deficient in charity; for the very reverſe is the caſe; as is evident from the liberal ſubſcriptions to hoſpitals and pauper diſpenſaries, and the readineſs with which diſtreſſed individuals are relieved. The ladies alſo ſtill retain their natural diſpoſition to do good; and when they retire to their country ſeats, carry with them a medicine cheſt, generally the *refuſe* of a druggiſt's ſhop; and from that magazine, not only phyſic the whole family, but

but diſpenſe their remedies to all the indigent neighbourhood.

Without preſuming to arraign the motives for this act of charity, I would only obſerve, that in their mode of diſpenſing it, they fall ſhort of their predeceſſors: for, inſtead of following the example of the quondam *Lady Bountifuls*, they generally take their report of the patient's caſe from an upper ſervant, to whom the adminiſtration of the remedy is intruſted; whilſt the ſupply of nouriſhment ordered for the ſick, is generally intercepted by the poſtilion or ſtable-boy, who is employed to deliver it.

As the *doctors*, of this deſcription, are ready to aſſign various reaſons for the exerciſe of their art, I ſhall conſider and reply to them ſeparately.

1ſt. They alledge, that, as they underſtand their own conſtitutions, they are beſt qualified to determine what is fit for them.

If, by a knowledge of conſtitution, the ladies mean that they have learned, from experience, what foods and drinks, and what modes of living, are moſt agreeable to their conſtitutions, I concur with them in ſome meaſure;

meaſure; though, as our conſtitutions change at different periods of life, and often in conſequence of diſeaſe, it may happen, that what is ſuitable at one time, may be very improper at another; eſpecially if the maxim be extended to the uſe of medicine.

2*dly*. They aſſert that, whether they preſcribe for themſelves, or for others, they deal in nothing but *ſimple* things; which, if they do no good, cannot do any harm.

I anſwer, that if the diſeaſes for which they preſcribe have a dangerous tendency, and there are few diſeaſes which have not, delay creates danger; and it often happens, that, when means equal to the urgency of the caſe are omitted, the ſeaſon for relief is irretrievably loſt; and a ſlight diſeaſe frequently degenerates into a mortal malady.

In this way, I am convinced thouſands of moſt valuable ſubjects are annually loſt to the community; of which a great proportion die of that fatal Engliſh malady *conſumption*. Inſtances of this kind occur daily to phyſicians, who have reaſon to lament that their efforts are unavailing, and their art diſcredited, in conſequence of neglect or miſmanagement

miſmanagement in the earlier ſtages of diſeaſe; when there was a moral certainty of danger being prevented by proper management.

There is a conſiderable degree of inconvenience, often of danger, in perſons being in the habit of taking even trivial remedies, for the removal of ſuppoſed complaints; I ſay *ſuppoſed*, becauſe they often are ſo; and the very operation of thoſe drugs may create ſo much diſturbance in the conſtitution, as really to produce diſeaſe, inſtead of preventing or removing it. This is peculiarly the caſe with rhubarb, magneſia, Anderſon's and James's analeptic pills, &c. the firſt doſe creating a neceſſity for a ſecond; and ſo on, until they become indiſpenſibly neceſſary: Of the dangerous effects of this practice, I have given two inſtances in Eſſay I. to which I refer the reader.

A celebrated ancient phyſician* has cautioned us againſt the deſtructive practice of uſing preventive remedies; and I believe that our failure in the cure of diſeaſes often

* *Celſus*—Cavendum ne præſidia adverſæ valetudinis in ſecunda conſumantur.

proceeds

proceeds from this practice; the conſtitution being, by habitual uſe, rendered inſenſible to the impreſſion of remedies, when they are really neceſſary.

If we are ſlightly indiſpoſed, which is often the effect of luxurious indulgence, irregular hours, or both; the ſafeſt means of relief is quiet and abſtinence, which enable the conſtitution, by its innate powers, to obviate and remove the ſeeds of diſeaſe.

But in no reſpect is this preventive plan ſo abſurdly and injuriouſly employed as with reſpect to infants, children, and young people; and by this means many a tolerable conſtitution has been phyſicked into a ſtate of irremediable weakneſs, infinitely worſe than premature death.

3*dly*. As an apology for the modern practice of keeping cloſet medicines, and amongſt theſe an aſſortment of quack noſtrums; it is alledged, that, beſide their not being able to truſt to apothecaries remedies, which are often bad in their kind, the apothecaries' bills are exorbitant, and much enhanced by their ſelfiſh procraſtination.

To

To theſe complicated charges, I reply; that the moſt creditable and conſcientious apothecaries generally ſupply themſelves with compound chemical medicines from Apothecaries-hall, and that it is likely that they would, for their own credit, procure better drugs than thoſe uſually ſold as *cloſet* medicines; as they are certainly better judges than any perſon not of the profeſſion.

With reſpect to the exorbitance of charges; as an apothecary is obliged to have a large aſſortment of medicines, many of which may never be uſed before they ſpoil; I am perſuaded, that, though the charges are apparently high, their advantages are not on the whole greater, or ſo great, as thoſe of retailing tradeſmen. Reſpecting the laſt charge; I believe, that with regard to men of any credit or character, the inſinuation is cruel and without foundation.

4thly. A reaſon aſſigned for perſons of ſlender means having recourſe to the uſe of quack remedies, is the high fees of phyſicians, and the inſufficiency of apothecaries.

It is a delicate taſk for a phyſician to diſcuſs the point with regard to the qualification

tion of apothecaries.* If their education be ſufficient, phyſicians are *unneceſſary*; but as the public does not yet entertain that opinion, any more than the apothecaries themſelves, *a few ſelf-ſufficient men excepted*; it is much to be regretted, that the fees of phyſicians are ſo high, that few, excepting

* There is an old Latin proverb, which implies "that the cowl "does not make the monk;" and I am ſorry truth obliges me to declare, that it is ſo far applicable to our profeſſion, that every man who aſſumes the title of M. D. has not, either by his education, ſkill, or conduct, any juſt claim to the diſtinction; whilſt men under the denomination of ſurgeons and apothecaries may, by genius and education, be poſſeſſed of the abilities, without the credentials of a phyſician. Unhappily, however, for the community, the inſtances are rare, and it is ſtill more unfortunate, that the public at large are not qualified to diſtinguiſh them from their ignorant and preſuming brethren. I believe many of my brethren, as well as myſelf, have always been much gratified when they meet with men of this character; as they have, with that urbanity which becomes men of liberal education, been always diſpoſed to conſider them rather as reſpectable coadjutors, than as holding an inferior rank in the profeſſion; and have ſincerely regretted that they were ſo rarely to be met with; as they, as well as myſelf, muſt have found them candid, diffident, and totally free from a diſpoſition to act diſingenuouſly or illiberally; as is too often the caſe in every branch of the profeſſion.

Whilſt I am upon this ſubject, I would juſt obſerve, that the extra-licences granted by the London college, to country ſurgeons and apothecaries; and the honorary diplomas granted by the Engliſh and *ſome* Scotch Univerſities, to men who had not only *not ſtudied* at them, but had not even ſeen them, are extremely derogatory to the credit of the profeſſion; and very injurious, not only to thoſe phyſicians who have obtained their degrees by reſidence and examination, but to the public at large: For though I am firmly perſuaded, and even know, that ſome of thoſe gentlemen, who come under the former deſcription, are men of real merit, yet the mode in which they have obtained their degrees is certainly very irregular and improper.

people

people of opulence, can conveniently have *early* recourſe to their aſſiſtance. The only expedient by which this evil can be remedied, would be to adopt the regulations eſtabliſhed in moſt other parts of Europe, viz. to permit none but phyſicians to preſcribe in medical caſes, and ſurgeons in their department; that apothecaries be confined to their original employment of making up preſcriptions;† and druggiſts and chemiſts be, under a ſevere penalty, prevented from vending drugs by retail; whilſt the regulation of quackery on the plan laid down in the former chapter, would tend very much to place the practice of phyſick on a reſpectable and beneficial footing.

There are ſeveral reaſons to be aſſigned for the fees of phyſicians being ſo high. Excepting a few of the claſs, who have really too much employment to do proper juſtice to

† The term *apothecary* is derived from a compound Greek verb which ſignifies to depoſite; and the ſubſtantive implies a repoſitory of drugs; ſo that apothecaries evidently deviate from their original deſtination, when they become *preſcribers* inſtead of *diſpenſers* of drugs: However, according to the preſent conſtitution of phyſic, which ſtands in need of much reform, it would be impoſſible to limit them to their proper occupation, unleſs the fees of phyſicians were reduced.

their

their patients, the major part are rarely called in, until it is too late; and this rather to *ſave* appearances than with any great hope of *ſaving* the patient. Thus many years elapſe, before the emoluments of his profeſſion are more than ſufficient to ſupport a phyſician in the rank of a gentleman. If, in proceſs of time his employment becomes extenſive and profitable, he is willing to compenſate for his former loſs of time; and to endeavour to ſecure for himſelf a decent independency, and a proviſion for his family. But that the profeſſion is *not* lucrative, is evident from the ſmall number of phyſicians who acquire large fortunes.

A phyſician of London, now deſervedly in great practice, aſſured me ſeveral years ago, that, with conſiderable buſineſs, many years had elapſed, before his annual income was equal to 800l.

This was, in ſome meaſure, to be attributed to a liberal plan he adopted of accommodating his fees to the abilities of his patients; inſomuch that, on a fair calculation, partly from the ſmallneſs of the fee, never or rarely exceeding half-a-guinea, and his

his gratis visits, he did not receive more than half that sum on an average; and that taking one patient with another, he did not receive more than one guinea for the whole of his attendance during a fit of illness. This gentleman has since been amply rewarded for his humanity; and indeed, if we consider the time and labour many physicians bestow in attending hospitals, dispensaries, and other charitable institutions; and the many visits they make gratis, the profession will be found not to merit the imputation of avarice and rapacity: though, as among all other orders of men, there may be, and are, exceptions.

Fees ought certainly to be adapted to the abilities of the patients, and other circumstances; and a man of honour and probity will distinguish those circumstances wherein he ought to relax in the article of fees.

Men of fortune, high spirit, and great generosity, are very much disposed to gratify the physician in a manner, which, if his disposition be not sordid, he will not accept of; and yet it is very difficult to refuse on such an occasion without giving offence: on the other

other hand, there are many, whoſe circumſtances, when compared with their ſtation in life, enable them to do that juſtice to the phyſician, which their narrow ſpirits incline them to deny him; ſuch ought not to be ſpared; nor do men of this turn deſerve to be treated with any degree of delicacy.—Many perſons of a valetudinary habit have acquired ſuch an unlucky bias of mind, as never to be ſatisfied without the attendance of the doctor, and a conſtant courſe of medicine: an honeſt man will diſcourage ſuch a diſpoſition, and avoid availing himſelf of this unhappy turn of mind.

Tender huſbands, parents, or relations, to ſatisfy themſelves that they have done their utmoſt, ſhall often ſolicit the attendance of the phyſician, though they know that all remedies muſt be ineffectual: here it would be as cruel to decline an attendance, which might give ſatisfaction to the miſerable patient, or conſolation to the afflicted relations, as it would be ſordid to inſiſt rigidly on the article of fees.

Perſons who, with very limited incomes, are obliged to ſupport a genteel appearance,

(among whom, I heartily wiſh I were not obliged to rank a ſet of men truly reſpectable by their learning and function) may often want the aſſiſtance of a phyſician; though by no means able to gratify him in a manner correſponding to their inclination, or to eſtabliſhed cuſtom. Under ſuch circumſtances, a phyſician of a liberal turn of mind will fall upon ſuch methods of accommodating his demands to the ſituation of his patients, as ſhall not hurt the delicacy of perſons, whoſe feelings, and ſenſe of honour, are generally in proportion to their education.

5thly. The Lady Doctors, ſince the publication of ſome popular medical books, proceed with more confidence in their private practice than their predeceſſors; as deeming thoſe books ſufficient guides in every caſe that can occur; and when they deign to conſult a phyſician or apothecary, it is rather with an expectation of having their medical ſagacity applauded, than their errors corrected.

When a phyſician hints his diſapprobation of ſuch publications, he is ſuſpected of ſiniſter

ſiniſter motives; and as medical men are ſuppoſed to be very averſe from every attempt to remove the veil of myſtery by which the art is ſuppoſed to be involved, I will, to avoid the imputation, faithfully detail the ſubſtance of a converſation held ſome years ago (the quotation excepted) and leave the reader to draw his own concluſions; and ſhall, for the ſake of brevity, throw it into the form of dialogue.

Some years ago I was deſired to viſit a near relation of a gentleman of a very reſpectable character, and of profound erudition.

Having examined into the ſtate of my patient's caſe, I was ſhewn into the library, and found on his table *Tiſſot's Avis au Peuple*, and *Buchan's Domeſtic Medicine*.

He joined me in a few minutes, and the following dialogue commenced:—

A. How is your patient, doctor, and what is her diſeaſe?

B. From the general ſymptoms, I am inclined to think there is ſome danger in the caſe; but the diſeaſe ſeems to be ſo complicated and obſcure, that I have not *yet* been able to aſcertain its cauſes, ſeat, or nature.

A. The confeſſion is ingenuous: are you always ſo explicit?

B. Always, when I can rely on the good ſenſe and candour of the perſons concerned.

A. On peruſing a book* publiſhed a few years ago, I was induced, on reading the introduction, to ſtudy medicine as a branch of philoſophy; and, if you caſt your eye over my books, you will find a tolerable collection, all of which I have read with care; but the knowledge they afford me has not inſpired me with ſufficient confidence to attempt the practice of the art, and therefore I requeſted your attendance here.

B. It gives me much pleaſure to attend the family of a gentleman who is a judge of medical practice. Phyſicians, as the Roſecruſians of old, and alchemiſts and freemaſons of latter days, have been accuſed of a wiſh to impreſs mankind with an opinion, that their art is myſterious and inſcrutable to all but the initiated: but from this imputation I claim an exemption; and in that reſpect, I have the honour of concurring

*. Commentaries on the Principles and Practice of Medicine, by the Author.

with

with one of the greateſt and beſt men who ever adorned our profeſſion;† and in the publication to which you alluded, I have expreſſed my ſurpriſe and concern, that, intimately connected as medicine is with natural and experimental philoſophy, ſo few men of learning have enquired into its principles as a ſcience, unleſs with a view to practice it as an art. Men of general learning might, without much ſtudy or labour, acquire the leading principles of an art, in the improvement and ſupport of which, they are in every relation of life ſo deeply intereſted.— "A private gentleman (ſays Dr. *Gregory*) "who has a literary turn, and chuſes to "ſtudy medicine as a curious and intereſting branch of natural hiſtory, will find "the hiſtory of his own ſpecies a more intereſting ſubject, than the natural hiſtory "of ſpiders and cockle ſhells. To him ſuch "a degree of knowledge only is neceſſary, as "may enable him to underſtand medical "books of merit, and to judge of the comparative merit of thoſe men to whom he is

† The late Dr. *Gregory*, Profeſſor of Medicine at Edinburgh.

" to commit the important charge of his " own health, and the health of thoſe whom " he is obliged by the ties of nature and hu- " manity to take care of. If ſuch men were " to claim their right of enquiry into a ſub- " ject that ſo nearly concerns them, the good " effects on medicine would ſoon appear. " They would have no ſeparate intereſt from " that of the art: they would detect and " expoſe aſſuming ignorance, and be the " judges and patrons of modeſt merit.

" Caſes very often occur, where an inge- " nious phyſician ſees his patient haſtening " to certain death. He knows a remedy " that affords a probable proſpect of ſaving " his life; but it is uncommon, not agree- " able to the eſtabliſhed orthodox opinion, " and perhaps dangerous in its operation: " Here is a dreadful dilemma. If he gives " the remedy, and the patient dies, he is " utterly ruined. The *dunces*, who are the " moſt numerous in every profeſſion, are al- " ways at war with genius, and watch its " miſcarriages with an anxious and malig- " nant eye; all his preſcriptions muſt re- " main on the apothecaries file, and riſe up

in

" in judgment againſt him, and upon any " miſcarriage, the outcry is raiſed and pro- " pagated with the utmoſt malignity.

" The only tame and believing patients " are *the men of ſenſe*, who generally ſubmit " to their phyſician, whoever he is, with " wonderful faith and patience; while all " the midwives, nurſes, and old women, are " phyſicians; and the dignity of the moſt " ſtately of the profeſſion is often obliged to " ſtoop to the folly and caprices of ſuch " people, who are ſometimes of more conſe- " quence in making a phyſician's fortune " than all the merit he can poſſeſs."

A. I well recollect the ſubſtance of the quotation from Dr. *Gregory*'s introductory lecture; which I have read with much pleaſure, and a ſincere reſpect for the candour and liberality of that ingenious profeſſor.

I have often been aſtoniſhed to find men of learning and ſcience, from ignorance of the knowledge neceſſary to form a ſkilful phyſician, commend, as miracles of medical ſkill, perſons who in their converſation and manners evinced the ignorance and vulgarity of a groom. How can this be accounted for,

for, but by ſuppoſing that *even* men of erudition deemed learning and ſcience to be totally detached from medical ſkill; and that bald experience was unconnected with medical principle? How therefore can we be ſurpriſed that empiriciſm is countenanced by all ranks, when the moſt diſcerning have formed ſo falſe an eſtimate of the healing art!

A. I have had repeated opportunities of making the ſame obſervation.

B. A moderate knowledge of medical principles would be of great uſe to the *clergy*, eſpecially thoſe who reſide in the country. The middle and lower ranks of people are in general very averſe to medical aſſiſtance; and very unſteady in the uſe of it: but a clergyman, when he knows that he is qualified to give his opinion, will make uſe of his influence to induce his pariſhioners to apply early for relief, and to perſiſt in the uſe of proper means; which medical men, from a ſuſpicion of their being intereſted, can rarely prevail on them to do. Some thouſands of moſt valuable ſubjects are loſt every year in this kingdom, by their avarice,

avarice, their obſtinacy, or their indigence. A country clergyman, thus qualified, will alſo be able to render very eſſential ſervices to the parochial poor: he will, in ſome degree, be a judge of their diſeaſes, and be able to determine when they want aſſiſtance; and what kind of neceſſaries the pariſh officers ought to ſupply them with, not only to aſſiſt the efficacy of remedies, but to promote recovery, and prevent relapſe.

A. I ſincerely wiſh that my brethren of the clergy would employ part of their leiſure in the enquiries you recommend.

Juſt before you arrived I had been turning over two books now on the table, that I might endeavour to form a tolerable judgment of the nature of your patient's caſe; but have been diſappointed: nor am I ſurpriſed to find I have been ſo, after the frank declaration you have made. What is your opinion of compilations on this plan?

B. You have aſſigned me an invidious taſk, which I wiſh to decline. *Tiſſot*'s work might be of ſome uſe in the mountains of Switzerland, where medical aſſiſtance of any kind is rarely to be met with; but I doubt whether

whether the other was ſo neceſſary in a country where medical men abound.

A. As you decline being more explicit, I will venture to give you my opinion.

Theſe compilations are either ſufficient guides, with reſpect to the treatment of every diſeaſe which occurs, or they are not. If they are, the medical art is compriſed within a much ſmaller compaſs than I conceived, or indeed have found it to be, on peruſing ſome of the beſt books in every branch of the ſcience: and ſo far as reſpects the ſtudy of it as a ſcience, I may, without preſumption, hold myſelf to be a tolerable judge.

If Dr. *Buchan*'s compilation is ſufficient to enable an ordinary reader, male or female, to commence phyſician, the many years of ſtudy and application, deemed hitherto to be indiſpenſibly neceſſary to the education of a phyſician, muſt have been totally miſapplied; and Dr. *Buchan*, and the reſt of his brethren who adopt his ſentiments, if any ſuch there are, ought, if they are honeſt men, to reſign their claims to practice, in favour, *I will not ſay of apothecaries*, but of every old woman who has abilities and patience

ence ſufficient to *ſpell* the book. If theſe works are not ſufficient guides, and I did not require the preſent caſe as an evidence that they are not, I will venture to pronounce ſuch publications to be very injurious; becauſe they have a manifeſt tendency to encourage a dangerous ſpecies of empiriciſm, now very prevalent; by inſpiring a confidence of ſkill and ability which they cannot impart, and the author is therefore reſponſible for all the conſequences.*

B. Ignorance and preſumption are generally concomitant; and I believe, that men of the firſt abilities in the profeſſion, in proportion to the extenſion of their practice, their experimental conviction of the manifold difficulties which attend the inveſtiga-

* It is with reluctance that I detail theſe genuine ſtrictures on the publication of a brother fellow of the ſame college; who, I believe, is a very reſpectable phyſician—but *Amicus Plato, ſed magis Amica veritas.*—I am however perſuaded that The Domeſtic Medicine is a good compilation of modern practice; but addreſſed to perſons in whoſe hands it becomes a dangerous edged-tool. The only good purpoſe it is likely to anſwer is, being a tolerable memorandum-book for apothecaries.

A very ingenious clergyman of my acquaintance tells me, that being an invalid, he ſome time ago read a part of Dr. *Buchan*'s book, and finding himſelf ſtrongly impreſſed with an idea that he ſuffered under each ſucceſſive diſeaſe, as he proceeded, he thruſt the book into the fire, and with the Domeſtic Medicine diſmiſſed his imaginary maladies.

tion

tion of diſeaſes, and the mortifying diſappointments they meet with in their attempts to remove them, become daily more cautious and diffident, whilſt thoſe who have only *caught the eel of ſcience by the tail*, happily conceive they have no difficulties to encounter.

This ſelf-ſufficiency is often, and indeed generally, the reſult of a falſe and erroneous analogy. If a lady doctor hears of a caſe in which a particular remedy has been ſucceſsful, ſhe uſes and recommends it on the faith of an ignorant relator in every caſe which is ſuppoſed to be ſimilar, though it is more than probable that there is really no ſimilarity: or ſhe conſults the *Domeſtic Medicine*; and having compared the doctor's deſcription of the diſeaſe with the patient's ſymptoms, preſcribes with great confidence. It may however, unhappily for the poor patient, happen, that in conſequence of ſome *ſmall miſtake* in analogy, the preſcription fails, much time is loſt, and the phyſician or apothecary is called in to rectify the conſequences of delay or miſmanagement, which is not always in his power.

Phyſicians

Phyſicians know, and often from painful experience, that ſuch is the diverſity of aſpect which diſeaſes aſſume, not only from difference of conſtitution, but in the various ſtages of their progreſs, and even from the untoward operation of medicines, that no general deſcription of diſeaſes, or rules of practice, which can be derived from books, will avail; but that, with all the aſſiſtance which ſtrict analogical reaſoning, grounded on extenſive experience, can afford them, they ſometimes err in aſcertaining the nature of the diſeaſe, and therefore neceſſarily in applying the means of relief.

In ſuch a dilemma, however, it will not be denied that they are better qualified to diſcern and rectify the error, than any of the *élèves* of Dr. *Buchan's ſchool.*

A. I heartily accord with you.

I ſhall conclude this chapter, by expreſſing my wiſhes, that the arguments I have urged, from the moſt diſintereſted motives, may make a proper impreſſion on my fair readers; and I do moſt earneſtly recommend to their conſideration,

conſideration, whether, in thoſe inſtances, where they venture to perform the duties and offices of the phyſician, *they are not in danger of incurring a breach of the ſixth commandment.*

APPEN-

APPENDIX.

A TABLE *of the relative Digeſtibility of ſeveral Articles of* FOOD.

ANIMALS.

A. *Wild.*
Veniſon
Hare
Red Game
Woodcock
Snipe
Pheaſant
Partridge
Quail
Teal
Pigeon
Wild Duck
Tame Duck
Gooſe

B. *Tame.*
Mutton
Beef
Rabbit
Goat
Pork
Turkey
Capon
Hen
Cock

C. *Salted Meats.*
Salted Beef
Mutton Ham
Beef Ham
Tongue
Bear Ham
Pork Ham

D. *Young Meats.*
Kid
Chicken
Lamb
Veal
Pig
Eggs

E. *Milks.*
Rennet Whey
Human
Aſs's
Mare's
Butter Milk
Cow's
Sheep and Goat's
Cream

Butter

F. *Shell Fiſh.*
Lobſter
Shrimp
Crab
Oyſter

G. *Scaly Fiſh.*
Whiting
Haddock
Mackarel
Sole
Flounder
Cod
Pike
Perch
Dory
Piper
Herring
Brill
Turbot
Salmon
Eel
Turtle
Sturgeon

VEGETABLES.

H. *Fruits.*
Strawberry
Raſpberry
Currant
Grape
Cherry
Gooſeberry
Nectarine
Peach
Apricot
Pear
Apple
Melon
Plumb
Nuts

I. *Dried Fruits.*
Prune
Currant
Raiſin
Fig
Preſerves with Brandy
Preſerves with Sugar
Paſtry

K. *Eſculent Vegetables.*
Aſparagus
Artichoke
Skirret
Turnip
Carrot
Parſnip
Pumpkin
Potatoe
Spinach
Brocoli
Cauliflower
Colewort
Cabbage

L. *Grains.*
Rice
Barley
Rye
Oats
Wheat

M. *Pulſe.*
French Beans
Peaſe
Beans

N. *Sallads.*
Creſſes
Celeri
Lettuce
Endive
Cucumbers

O. *Pot-Herbs.*
Parſley
Thyme
Leek
Chive
Onion
Shalot
Garlick

CONDIMENTS.

Sugar
Salt
Vinegar
Horſeradiſh
Muſtard
Cayenne Pepper
Pimento and other Spices

Remarks

Remarks on the preceding Table.

THIS Table is perhaps more an object of curioſity than of utility; it may, however, amuſe ſuch of my readers as are ſolicitous about the qualities of their foods.

Though the arrangement in the different ſections of the table is tolerably exact, yet we often meet with ſuch conſtitutional peculiarities, owing probably to the ſtate of the nerves of the ſtomach, as to render ſome foods, which in their nature are not very digeſtible, very eaſy of digeſtion to particular perſons, and the reverſe.

In each ſection of the table the moſt digeſtible article is placed at the top, the leaſt ſo at the bottom: Thus in ſection A, veniſon is the eaſieſt, and gooſe the moſt difficult of digeſtion, of that ſection only; for it is not my intention to compare the articles in different ſections with each other, *e. g.* veniſon with turbot, or pork with ſturgeon, as it would ſwell this appendix into a volume, without affording any equally uſeful information.

Before I proceed to my remarks on the particular ſections, a few general obſervations will be neceſſary.

Sanctorius, an Italian phyſician of the laſt century, made a variety of experiments by means of a ſtatical chair, in which, after having previouſly weighed his meats and drinks, he weighed himſelf at different periods of the day, in order to aſcertain the proportion between the groſſer diſcharges, and inſenſible perſpiration.

He found, that, under the uſe of ſome foods, perſpiration bore a greater proportion to the other diſcharges; and thoſe foods, he therefore ſaid, were more *perſpirable*. I ſhall adopt the term, without applying it preciſely in the ſame ſenſe.

By *perſpirable*, in the following remarks, I mean a diſpoſition in foods, after being converted into nouriſhment, to paſs out of the body, not only by perſpiration, but by the other diſcharges: hence, when I ſay, that one food is more perſpirable than another, I mean that, having performed the office of nutrition more expeditiouſly, it is ſooner diſcharged, as an uſeleſs feculency. There are

ſome

ſome other terms which remain to be explained.

Alcaleſcency is a ſtate oppoſite to acidity, and ſo far of the nature of putreſcency, that the latter is always accompanied with, and often preceded by the former.

Putrefaction is the diſſolution of animal and vegetable bodies, by a decompoſition and depravation of their conſtituent principles, manifeſted by offenſive vapours diſcharged from them in that ſtate.

Stimulant means whatever ſpurs on, or excites to ſtronger action or exertion, an animated body or organ, when in a *proper* ſtate to receive the impreſſion. I ſay *proper*, for when our bodies are diſeaſed, the organs may be too ſuſceptible, and therefore violently ſtimulated *even* by ſlight cauſes, as in many nervous diſeaſes; or not at all ſuſceptible, as in palſies; and between theſe extremes, there are various intermediate degrees both of health and diſeaſe: and on theſe gradations, difference of conſtitution, habit, or temperament, chiefly depends.

When we ſay that animal food ſtimulates more than vegetable, we mean, that it urges

the ſtomach and other organs to ſtronger exertions, and produces a temporary artificial fever; and thereby impoſes greater labour on the organs thus affected.

Sedative is the reverſe of *ſtimulant*, being a certain impreſſion made on a ſenſible organ, by which its ſenſibility or ſuſceptibility, and alſo its power of exertion, are leſſened. Thus we ſay that wine is ſtimulant, and vinegar ſedative, in conſequence of their different impreſſions on the nerves of the ſtomach, and through them on the reſt of the body. For the ſtomach is, as it were, the centinel of the ſyſtem; and by an exquiſite ſympathy, imparts to, and ſhares in, the manifold agreeable and diſtreſsful ſenſations both of the body and mind.

There is ſometimes a connection between perſpirability and digeſtibility of the food; for the ſooner the nutriment of any particular meal is expended and diſcharged, the ſooner there is a demand for another ſupply, indicated by the ſenſation of hunger, and the reverſe:—a wiſe proviſion of nature to guard againſt dangerous repletion on one hand, or emptineſs on the other.

We

We may divide all foods into vegetable and animal. With reſpect to the relative digeſtibility of theſe claſſes, the following propoſitions may be admitted.

1ſt. *Animal food* being, before it is received into the ſtomach, congenial in its nature with the ſolids and fluids of our bodies, requires very little farther preparation, except being diſſolved by the digeſtive powers.

Roaſted meats are more digeſtible than boiled, becauſe boiling extracts the juices, and leaves the fibrous parts more difficult of ſolution.

The lean of fat meat is more digeſtible than that of lean meat, becauſe the oily particles, when incorporated with the mucilage, renders the juices more perfect and alcaleſcent.

2*dly*. The more *alcaleſcent* the food is, it is the more digeſtible, becauſe the more perſpirable; therefore the articles under ſection A are more digeſtible than thoſe of B, and both very much more ſo than thoſe of D; as this contains a much larger proportion of mucilage, which, of all the principles of nouriſhment, is the moſt difficult to be ſubdued

by the digeſtive powers, and in nature approaches more nearly to the vegetable grains and nuts.

Under the ſections F and G, there are ſeveral articles, which, being alcaleſcent and eaſily ſoluble, may be claſſed with ſections A and B; whilſt others are perhaps nearly as indigeſtible as the younger animals, though conſiderably more alcaleſcent.

I have already hinted my opinion concerning the digeſtibility of ſalted meats. The ſalt, and ſometimes the ſugar, with which they are pickled, diſſolves the animal mucus, and the ſalt of *powdered* meats increaſes their diſpoſition to ſolubility in the ſtomach. But there is another cauſe of their digeſtibility; which is, their grateful ſtimulus on the nerves of the ſtomach. Salted meats are ſuppoſed to generate ſcurvy, and other acrimonies in the blood; but though the ſea-ſalt in ſalted meats, when long kept, may degenerate into an ammoniacal ſalt, and thereby diſpoſe to putreſcency, or any other acrimony; I am perſuaded ſound ſalted meats contribute very little, if at all, to the production of ſea ſcurvy.

Sect.

Sect. E. *Milk* may be conſidered as conſiſting of oil, ſugar, a coagulable part or curd, and a very conſiderable portion of water: it is immediately ſeparated from the chyle, and has ſo little diſpoſition to an animal nature, that it readily becomes ſour: there is reaſon to believe, that it always undergoes a decompoſition in the ſtomach.

Whey, which conſiſts of oil, ſugar, and the watery part intimately blended, is preferable as a nouriſhment to milk, as it is diveſted of the curd.

Butter-milk, not only on account of its aceſcency, but as having but a ſmall portion of curd which is broken down by the churn, is, as well as whey, very digeſtible, cooling, and ſedative, and therefore an excellent food in hectic fevers.

Milk boiled, and ſugar or ſalt added, is more digeſtible than when raw. The groſſer milks contain the greateſt proportion of curd, and are therefore the leaſt digeſtible. I very much doubt the propriety of preſcribing aſs's milk to invalids; for even in hectic caſes, whey or butter-milk are much preferable.

As

As oil, or butter, which is an animal oil, conſtitutes a very conſiderable part of nouriſhment, both animal and vegetable, it is not to be conceived that a moderate proportion of either in our foods can be ſo inimical to our bodies as has been generally imagined; eſpecially as that oil is depoſited in the fatty cells of the body, for very important purpoſes of the animal œconomy.

From ſome experiments made on purpoſe, we find that butter and mucilage, whether animal or vegetable, incorporate readily, and thereby break the tenacity of the particles of both: ſalt promotes their union, and it is not improbable that a ſimilar change takes place in the ſtomach.

Vegetable food. All vegetables, fit for nouriſhment, ought to be mild, bland, and agreeable to the taſte; and though we admit ſome articles of an acrid nature, as celery and endive, to our tables, they can ſcarcely be conſidered as foods. Vegetable aliment, being very remote from an animal nature, is therefore on the whole more difficultly aſſimilated to the nature of chyle and blood: but though it is not ſo ſoluble in the ſtomach

as

as animal food, yet the juices of many of the pulpy and ſweet vegetables are very eaſily extracted, and are therefore more perſpirable than animal food.

When the ſtomach is weak, the dried fruits are leſs flatulent than the freſh; both kinds are however aceſcent; to qualify which, thoſe preſerved with brandy may ſometimes be uſed.

Sect. K. The eſculent vegetables are ſome of them very eaſy, and others more difficult of digeſtion. Some of them are alcaleſcent, but none of them powerfully ſo.

Sect. L, M. The grains and pulſe contain, of all vegetables, the moſt permanent nouriſhment, and in the greateſt proportion. Their nutritive particles conſiſt of ſugar, oil, and mucilage, intimately combined and incorporated in their mature ſtate. That ſugar conſtitutes a conſiderable part of this compound, is evident from the ſweetneſs of all the grains before they ripen, and before the mucilage is cloſely united with it. Sugar alſo abounds in many of the fruits.

The glutinous texture of the grains makes them very difficult of ſolution and aſſimilation in the ſtomach.

Their

Their digeſtibility and perſpirability however are much increaſed, either by fermentation when made into bread, or by the addition of butter and ſugar, or ſalt, which, aſſiſted by heat, break the tenacity of their particles: Hence it is that puddings are very digeſtible; and even paſtry, if the butter be good, the quantity not too great, and the oven not overheated, is not ſo indigeſtible a food as is commonly imagined.

As fermented bread is diſpoſed to run into the aſceſcent fermentation; *biſcuit*, as I obſerved before, is preferable for invalids.

Vegetables being more apt to run into a ſtrong vinous fermentation than animal food, owing to their glutinous texture, they often ſwell the ſtomach to a violent degree, by throwing off a vaſt quantity of elaſtic air; and there is reaſon to believe, that ſome perſons, guilty of gluttonous exceſs, have been ſuddenly deſtroyed by it, though they died apparently apoplectic: but, at any rate, the ſtomach is much hurt by the ſudden diſtenſion, eſpecially in invalids.

When this effervescence ſubſides in weak ſtomachs, the next change is generally into a pungent

pungent acid; and though ſuch an acid ſometimes prevails in health, from exceſs; yet it only terminates in a fit of colic, and diſcharge of the offending contents; whereas in invalids it not only weakens the ſtomach by its ſedative power, but when it deſcends into the inteſtines, the bile, which, in health neutralizes it, being deficient and weak, cannot correct it, and the evil is perpetuated through every ſubſequent ſtage.

Vegetable food is not only neceſſary to man as a qualifier of animal food; but, as a certain degree of fulneſs and tenſion of the coats of the ſtomach is neceſſary for perfect digeſtion, a portion of vegetable food is properly added to give bulk rather than much nouriſhment; and that the food may not paſs out of the ſtomach before it is properly aſſimilated and mixed, ſolid foods are more proper than liquids for this purpoſe, becauſe they require ſome time for ſolution.

If we compare animal with vegetable nouriſhment, we ſhall find that the former produces a firm, denſe, rich blood, which gives greater tenſion to the veſſels, and more vigour and elaſticity to the fibres; whereas the

the nutrition of vegetables, beſides being leſs in proportion to their bulk, produces a thin, weak, watery ſtate of the blood; renders the fibres leſs firm, the muſcles leſs vigorous, and the circulation more ſlow and languid; ſo that animal food is relatively ſtimulant, and vegetable relatively ſedative.

Sect. N. *Sallads* can ſcarcely be deemed foods, as they contain very little nouriſhment; but as they are poſſeſſed of a ſedative power in a ſmall degree, inſomuch that ſome perſons are of opinion that lettuce diſpoſes to ſleep, they may be uſed as a light meal by thoſe who are in the habit of uſing ſupper; a habit which ought never to be diſcouraged, eſpecially in invalids; becauſe it induces them to divide their meals more properly.

Cucumbers are very cold and difficult of digeſtion, and are therefore qualified with pepper; but they are rarely to be uſed by perſons who have weak ſtomachs. It is remarkable, that almoſt all nations have concurred in joining oil, or butter and vinegar, with this kind of food, perhaps from experience of their checking its diſpoſition to ferment and become flatulent.

Beſide

Beſide the cucumber and muſhroom, which is often poiſonous, there are two other ſpecies of the fungous vegetables, the morell and turfle; but they are more articles of luxury than of food; and therefore I have not given them a place in the table; and I confeſs I am ignorant of their properties.

Sect. O. *Pot-Herbs.* Except the firſt article, all theſe are of the ſtimulating kind: thoſe of the onion kind ſeem to have a ſlight degree of ſoporific power, as they diſpoſe thoſe who eat them to be heavy and drowſy. They are not an improper addition to vegetable food; and as they are warm, they may be of uſe in exciting the nerves of the ſtomach when languid, and in promoting digeſtion. They are ſo far connected with the articles of the next claſs, as to be deemed *condiments.*

Condiments.

Sugar is not merely a condiment, but has by ſome chemiſts been deemed the chief principle of nouriſhment. In the countries where the ſugar-cane is cultivated, it is found to be exceedingly nutritive; though,

on

on account of its acid, it is ſuppoſed to be injurious to the teeth. Sugar, when unrefined, has a ſtrong diſpoſition to ferment, though, perhaps, not ſo much ſo as honey, which is a peculiar ſpecies of liquid ſugar. Refined ſugar is a fitter article of condiment for thoſe who have weak and ſour ſtomachs, as leſs apt to ferment, eſpecially when qualified by cream or butter. Sugar is a reſiſter of putrefaction, and therefore often combined with ſalt in preſerving meats: it is certain that, ſince it has come into general uſe, putrid fevers have become much leſs frequent in this kingdom.

Salt, Though uſed to preſerve meats from putrefaction, which, when employed in a large proportion, it does in ſome degree; yet, in the moderate degree in which we uſe it at our tables, it promotes, inſtead of reſiſting, putrefaction; and is therefore an uſeful condiment in weak ſtomachs, not only as it gently and gratefully ſimulates the nerves of the ſtomach, but favours the ſolution of the food, diſſolves the tough phlegm, promotes its mixture with the oily parts of the food, and corrects acidity. It ought to be uſed very

very ſparingly by young, florid, and hale people, as it heats and creates thirſt; but it is, for the reaſons already aſſigned, a very uſeful addition to vegetable food: Hence it is, that black cattle and ſheep are very fond of it, as it increaſes the ſolubility of their food.

Vinegar, as being the product of an imperfect fermentation, does not promote acidity ſo much as the vegetable acids of lime, lemon, &c. and is therefore not an improper ſauce for fiſh, or for our meats when long kept and highly alcaleſcent, with a putrid tendency. It ought to be uſed ſparingly by invalids, whoſe ſtomachs generate a ſour leaven. The French uſe vinegar much more than we do, and indeed theirs is much more genuine; ours being often adulterated with oil of vitriol.

Spices. The muſtard and horſeradiſh are more congenial to cold climates and vigorous conſtitutions, becauſe leſs ſtimulating and inflammatory than the aromatic ſpices; which, being the produce of hot climates, are better adapted for the vegetable foods, and languid enervated ſtomachs of the natives, or of thoſe

thoſe ſtrangers who have long reſided there. Thoſe ſpices contain a large portion of very hot eſſential oil; the ſtimulus of which is very permanent, and the oil much leſs perſpirable than that of muſtard, horſeradiſh, and cayenne pepper, which paſſes off readily by the ſkin and kidnies. It is evident, therefore, that how uſeful ſoever they may be in languid and debilitated conſtitutions, they are very improper for young perſons, and thoſe of a ſanguine habit.

From what has been ſaid in the preceding pages, the following inferences may, I think, be fairly deduced.

1ſt. That though nature has deſtined infancy to the uſe of milk, the milk of the mother is much better adapted to this purpoſe than milks of other animals; which, if the infant is weakly, are much leſs digeſtible than broths of the foods under Sect. B. F. and G. which being alcaleſcent, correct the mucous and acid juices of the ſtomach. That flour pap is a very improper food for infants, on account of its glutinous indigeſtible nature; and that pap made of fermented

mented bread and cow's milk, is almoſt equally objectionable.

2*dly*. That though, when children, after they are weaned, are hale, ſtrong, and active, it is not very material what their diet is; yet a ſmall proportion of animal food will be of uſe in preventing the accumulation of that mucus which breeds worms: but if they are puny and ſickly, a greater proportion of animal food is neceſſary.

3*dly*. That young, full, and florid perſons, who do not exerciſe much daily, may uſe the foods under Sect. D, in preference to the old or wild animals, becauſe they are leſs alcaleſcent and ſtimulating; but that the chief part of their food ought to be vegetable, as leſs nutritive and heating: wines and ſpirits to be avoided.

4*thly*. That from the 30th to the 55th year, perſons who enjoy good health need no ſelection of foods, provided they are temperate in their meals, and uſe ſufficient exerciſe to promote the perſpirability of their animal food; and temper it with a due proportion of vegetables, to prevent exceſs of alcaleſcency, to which the animal fluids have

a diſpoſition at this period: ſuch perſons ought to uſe the ſtimulating pot-herbs and ſpices very ſparingly: if they uſe wines, they ought to be light and thin.

5*thly*. That from the fifty-fifth year upwards, the more digeſtible and perſpirable foods are preferable; becauſe at this period the appetite becomes leſs keen, and the ſprings of life more feeble and languid: to ſuch perſons the ſtrong wines are preferable, and a moderate uſe of ſpiceries, &c. is beneficial.

6*thly*. That as animal food generates a ſtrong rich blood, and therefore affords a more invigorating nouriſhment, perſons who follow laborious employments require a large proportion of animal food of the moſt nutritive kind; and a moderate uſe of the leaſt perſpirable drinks, as ale, the ſtrong beers, and ſweet wines; but rich and heating ſauces are very improper.

7*thly*. That the ſedentary and ſtudious, who prefer the enjoyment of a clear underſtanding, and a ſerene mind, to robuſt health, muſt be very ſparing in the uſe of animal food and ſtrong drink; though a moderate

uſe

uſe of the ſpiceries may qualify the vegetable part of their foods; but as many of the perſons who come under this deſcription are, by their mode of life, ſubject to flatulence and indigeſtion, the regimen preſcribed under the next head muſt be adopted, and ſtudy and indolence exchanged for diſſipation and exerciſe. Sedentary women are very apt to fall into this ſtate.

8thly. That as many ſlow diſeaſes originate from, or are connected with, weakneſs of the digeſtive organs, a deficiency of the bile, both in quantity and pungency, and a crude aceſcent ſtate of the other digeſtive humours; it becomes neceſſary to correct this fault of the digeſtion as a primary evil. Medicine alone will not effect this, without a correſponding regulation of diet. We are led, not only by the nature of the remedies which are moſt beneficial in theſe caſes, but by experience to preſcribe the diet beſt adapted to this purpoſe. As there is a predominant ſharp acid, vegetables ought to be uſed very ſparingly; for though ſome of them are mildly alcaleſcent, eſpecially the three firſt, and the five laſt of Sect. K, yet

as they part with a large quantity of elaſtic air, and become acid by fermentation, they are not much preferable to the others: coarſe ſhip biſcuit is perhaps preferable to any other vegetable food in theſe caſes.

Of the animal foods, the moſt alcaleſcent and perſpirable, as thoſe under Sect. A and B, are to be preferred; and to theſe we may add ſeveral of the articles under F and G; always uſing a conſiderable portion of ſalt with them, as it aſſiſts their ſolution and putreſcency. For the ſame reaſon, ſalted meats, in a moderate degree, ought not only not to be forbidden, but even recommended; as, by their grateful ſtimulus in the ſtomach, they very much promote digeſtion. Their ſuppoſed tendency to produce ſcurvy and other acrimonies, which is only applicable, if at all, to a long continued uſe of tainted ſalt meats, can afford no juſt objection to a moderate and occaſional uſe of ſound ſalted meats. It is obvious that the articles under Sect. D ought to be uſed ſparingly, as well as thoſe fiſhes which are very gelatinous; becauſe they are not only difficult of digeſtion, but are very apt to fall into the aceſcent

cent fermentation. For the ſame reaſon jellies of calves feet, &c. and thoſe foods which contain much vegetable mucilage, as ſago, chocolate, &c. rarely agree with the ſtomachs of ſuch invalids.*

I have already aſſigned my reaſons why a moderate uſe of butter coincides with this regimen.

It has been objected to this plan of diet, that as ſuch patients are often ſubject to irregular fevers, ſuch a ſtimulating diet is improper, as it may exaſperate the feveriſh ſymptoms: but unleſs ſuch a feveriſh indiſpoſition is really *hectic*, owing to the inflammation or impoſthumation of ſome organ, (in which caſe ſuch a diet would be exceedingly improper) the objection is not well grounded. For we know that agues have reſiſted the moſt powerful remedies, until they were aſſiſted by a generous diet; and that in low fevers, commonly called nervous,

* People in general, and even many of the profeſſion, make a very erroneous eſtimate of the relative digeſtibility of foods: how often is the miſerable hectic patient crammed with jellies, gluey ſlops, and rich broths, which exaſperate the fever, and oppreſs the decayed lungs! There ſeems to be a *faſhion* in the *diet* of the ſick as well as in their *diſeaſes*: a late faſhionable phyſician invented beef-tea; and another having preſcribed oyſters and porter to a lady of rank, oyſters and porter became quite the *ton*.

and

and which are not unlike the irregular fevers now under conſideration, animal broths and wine have aſſiſted the enfeebled conſtitution to bring the fever to a favourable criſis.

It has alſo been alledged by thoſe who inſiſt on the advantages of low diet in diſeaſes, that almoſt all the different ſpecies of chronic diſeaſes have been cured occaſionally by a ſpare vegetable diet.

Phyſicians have very often reaſon to regret that the ſtate of the digeſtive organs, and other circumſtances, ſhould render a vegetable plan of diet improper or unſafe; becauſe the general nature of the diſeaſe often indicates a decided preference of milk and vegetable diet; which is moreover preferable, as it impoſes leſs labour on the circulating and ſecretory organs: this is peculiarly the caſe in certain ſtages of gout, and alſo in ſeveral diſeaſes connected with viſceral obſtructions, and a depraved ſtate of the ſenſibility of certain organs.

In regulating the diet of the ſick, we ought to attend peculiarly to the ſtate of the ſtomach and bowels. Many diſeaſes depend *ſolely* on a depraved ſtate of thoſe organs; as many

many of thoſe Proteus-like affections, which are commonly called nervous, hypochondriacal, and bilious; and gout almoſt always; and therefore unleſs the tone and vigour of thoſe organs be reſtored by appropriate diet and medicine, we ſhall fail in our attempts to relieve the patient. In ſuch caſes, foods that by acting gratefully on the nerves of the ſtomach, become eaſily digeſtible, of whatever claſs or kind they are, ought undoubtedly to be preferred; and in all caſes wherein the digeſtive organs and the general conſtitution will bear a vegetable diet, it ought, as I have obſerved under Eſſay III. chap. ii. ſect. 3. certainly to be adopted, as the beſt means of effecting a radical cure.

I have already obſerved, that a moderate uſe of ſuch fermented liquors as are not diſpoſed to turn ſour on the ſtomach, coincides with this regimen: but rum or brandy diluted are generally preferable to the fermented drinks, as they check fermentation.

If we compare animal and vegetable foods with reſpect to their relative *digeſtibility* and *perſpirability*, the following inferences may probably be deduced.

With

With reſpect to *digeſtibility*, animal food admits of a more entire ſolution of its ſubſtance, as conſiſting almoſt entirely of nutritious parts; whereas many of the vegetable foods, being of a firmer texture, rather yield their nutritive juices by extraction, than by a ſolution of the whole ſubſtance. With reſpect to the degree of their ſtimulus on the nerves of the ſtomach, that of animal foods is much greater, owing to their being more ſapid and alcaleſcent; and therefore whilſt digeſtion is going on, they produce a temporary fever in conſequence of their ſtimulus being communicated through the ſtomach to the heart and circulation. Animal foods, moreover, impreſs the ſtomach with a ſenſation of ſatiety, oppoſite to that of hunger, for ſome hours after a meal; and hence it is that few perſons can digeſt more than one full meal of animal food in a day. But after a meal of vegetable food, there is no *digeſtive* fever, becauſe it is chiefly aceſcent and ſedative; and, *in health*, the ſenſation of hunger returns more frequently.

With regard to *perſpirability*, as animal food affords, in proportion to bulk, a much larger

larger ſhare of rich nouriſhment than vegetables, and requires more labour of the conſtitutional powers to prepare it for the ultimate office of nutrition; it is therefore not ſo ſoon expended and diſcharged from the body as vegetables. It is for this reaſon that in *high* fevers, and in other diſeaſes, where ſtimulus may be injurious, the patient generally has an averſion to animal foods, and covets vegetables; and, indeed, there are few diſeaſes in which, if the ſtate of the ſtomach will admit of it, they are not preferable; becauſe they require leſs conſtitutional effort in every ſtage of preparation, nutrition, and diſcharge from the body; and therefore, with perhaps a few exceptions, they may be deemed more perſpirable than animal foods. Hence we may venture to aſſign a reaſon why gout and other inveterate diſeaſes are only to be eradicated by a milk and vegetable diet; becauſe as they are generally the effects of the conſtitution being overcharged and overſtrained, and conſequently very much weakened by a luxurious exceſs in the uſe of animal foods and ſtrong drinks, ſo a ſteady diet of an oppoſite nature,

ture, will afford the beſt means of reſtoring them to their wonted energy.

With reſpect to obſtinate nervous complaints, we know that they are alſo, in many inſtances, produced by luxurious exceſs; and therefore, as in gouty caſes, where the conſtitution could bear it, a vegetable and milk diet has been of great uſe.

Experience alſo has taught us, that when the ſtructure and functions of the principal organs, as the lungs, liver, ſpleen, and other bowels, have been eſſentially injured and depraved by ſtimulating diet, a vegetable courſe of diet has at leaſt retarded the fatal period, and has ſometimes effected a compleat cure:

And laſtly, with regard to the variety of leprous and other inveterate diſeaſes of the ſkin, which are ſuppoſed to proceed from ſharp and foul humours, we know that the rich, denſe, and alcaleſcent blood which animal food produces, is more likely to clog and foul the ſecretory ſtrainers, and either to generate or exaſperate thoſe diſeaſes.

I ſhall

I ſhall conclude theſe remarks by obſerving, that they are not intended for the information of medical men; but only of ſuch of my *unmedical* readers as are ſolicitous about the obſervance of dietetic rules; thoſe eſpecially who, by delicacy of conſtitution, approach the ſtate of invalids. As I formed the deſign of the appendix after the other parts of the work were printed off, the reader will, I hope, pardon ſuch repetitions of my former obſervations on diet, as were unavoidably neceſſary to give my remarks on the table a proper connection: and as I wiſhed to make this work as complete as poſſible, I have choſen rather to incur the imputation of being redundant than deficient.

CORREC-

CORRECTIONS and ADDITIONS.

SINCE the body of the work has been printed off, the author has diſcovered ſome inaccuracies and omiſſions, which, in order that the ſenſe of the correſponding paragraphs may be more compleat, the reader is requeſted to inſert with a pen in the margin.—There are alſo occaſionally ſubjoined ſome corrections of errors, owing perhaps more to the inattention of the author than of the printer.

Page 18, *line before the laſt, read* King's-Bath Pump, drank daily.

23, *l.* 5, *r.* and other bitters in ſuch caſes.

—, *l.* 6, *r.* to the bile.

—, *l. the laſt*, *r.* finds in the bile a more convenient ſubject of blame.

24, *l.* 8, *for increaſe*, *r.* increaſing.

—, *l.* 9, *r.* and not ſuch as may diſcharge &c.

32, *l.* 7, *r.* immediately ſucceed thoſe of heat.

35, *note*, *l.* 10, *dele* not only.

42, *l.* 4, *from the bottom*, *r.* as that is.

44, *after the ſecond ſentence.* From ſome experiments made (if I recollect aright, by Dr. *Lettſom)* on the atmoſpheric vapours of London, collected and condenſed, it was found to contain ſuch a proportion of noxious impregnations, as might reaſonably be ſuppoſed to be a great ſource of the putrid fevers which are prevalent in that great city; and as all cities and towns are, in proportion to their extent, productive of ſimilar exhalations, this is one reaſon why cities are more ſubject to epidemic diſeaſes than the country; and from the bills of mortality, the proportion of deaths is often one-fourth or one-third greater in the former than in the latter. But if to this general cauſe we

add

add the effects of hot and crowded rooms, in which some fashionable persons pass some hours almost every night, the injurious effects must be very great.

Page 46, *at the end of the last sentence.* But without altering the construction of the sash, the heat of the parlour or dining-room may be safely moderated, and the air corrected, by raising a part of the sash most distant from the fire, and dropping the curtain before it. This expedient will be more necessary after dinner, when the air of the room has been tainted by the steams of the foods; or, as persons in this country sit some hours after dinner, it may be proper to retire immediately after the dishes are removed into another apartment which has been properly ventilated.

Page 49, *l.* 10, *r.* dephlogisticated.

72, *l.* 19, *after fermentation*, *r.* though even these gelatinous foods often become sour.

82, *l.* 12, *add*, in health.

85, *Sect.* III. *l.* 2, *r.* rheumatism, gout, epilepsy.

107, *after the second paragraph.* The exercise of the shuttle-cock is peculiarly beneficial to such invalids as have sufficient strength to undergo it; as, by the various exertions of the muscles of the limbs and of the trunk of the body, and the alternate compression and relaxation of the blood-vessels and secretory organs, the circulation is promoted, the secretions, especially perspiration, are increased, the relaxed fibres strengthened, and the nervous system invigorated. When the invalid is confined by bad weather, it ought to be made use of frequently every day, as a more salutary mode of warming the body than by the heat of fires.

Page 107, *note*, *l.* 3 *from the bottom*, *r.* another error is committed.

110, *after the first paragraph.* Infants and young people ought to be habituated to hard beds, and light covering;

vering; and therefore mattraſſes of hair or wool are preferable to feather or down beds, which enervate exceedingly, by increaſing the heat of the body, and promoting too profuſe a perſpiration.

Invalids ought to lie on a mattraſs over a feather-bed; ſuch eſpecially as are ſubject to feveriſh heats, or profuſe ſweats. I recommend this practice ſo much the more earneſtly, as it does not always occur to medical men; and from repeated experience of its good effects, beyond what might have been expected from a regulation apparently ſo trivial.

Page 121, *l.* 3, *r.* were verified.
148, *note*, *r.* Dr. *de Sauvages*.
158, *note*, *line the laſt*, *r.* intrigue.

F I N I S.